

Winter's Tail

2011

Parts and Pieces

- The prosthetic of course!
- The Winter's Gel sleeve
- The cup
- The lubricant
- The outer band



Before we Put the Prosthetic on Winter

- First we lubricate the tail sleeves to allow ease while putting them on Winter.



We get a nice amount of lubricant in the sleeve to allow the Winter's Gel to roll back on itself allowing us to fit the sleeve more easily onto Winter during the tail process.



We then make sure that the lubricant is evenly distributed all over the inside of the sleeve by rolling the sleeve around in our hands.



Lubricating the Sleeve on the Prosthetic



All Ready to Go!



Physical Therapy

- We get the brown mat which is a soft foam/rubber mat
- We will then place the mat under her tail to protect the tip of Winter's peduncle from the hard surface of the platform



Physical Therapy Continued

- We will ask Winter to station on the platform
- Winter will lift her tail and we will place the mat under the tip of her tail.



Physical Therapy Continued

- Once in position we stretch her muscles by placing pressure (using our hands) in the middle of her tail.
- We exert enough pressure to flatten her peduncle against the platform
- This is done for approximately 5 minutes



- We will place the first sleeve on the tip of Winter's peduncle and then begin to roll the sleeve over her peduncle
- At this point, it is necessary that we are ensuring the sleeve is snug and there are no air bubbles under the sleeve



Sliding the First Sleeve of Winter's Gel on Winter's Peduncle



Time to Place the Cup

- Next, we will place the tail cup over the sleeve at the end of her peduncle
- Once again, we are looking for a nice snug fit and making sure that the cup is not an uncomfortable fit around the edges



Putting the Cup in the Proper Place



Placement of the Cup



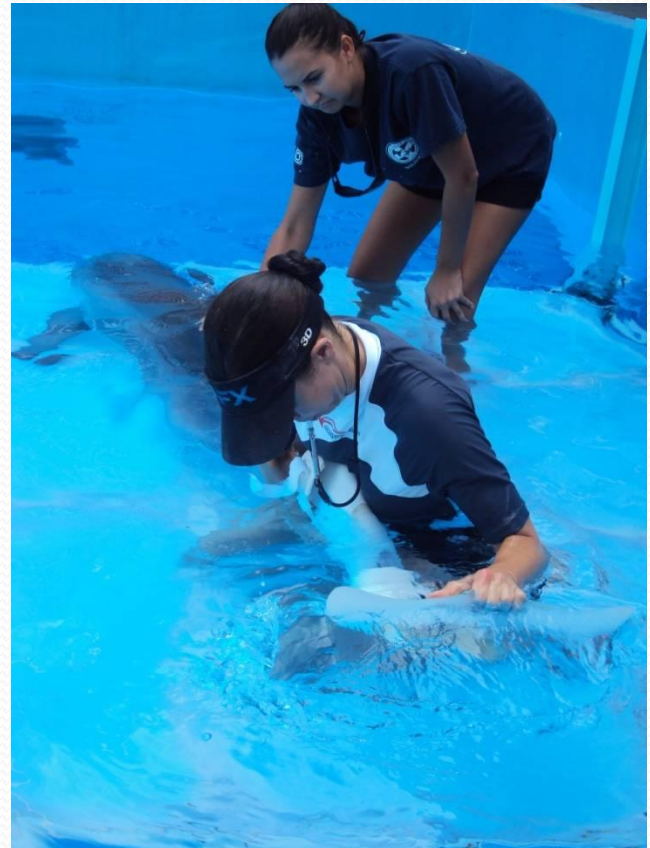
- Once the cup fits nicely, we are able to start to put the prosthetic on

Now It's Time for the Prosthetic!

- We will then place the prosthetic over the cup and ensure a nice snug fit.
- We need to make sure that the cup has no room for movement once the prosthetic is in place



Ensuring a Nice Snug Fit



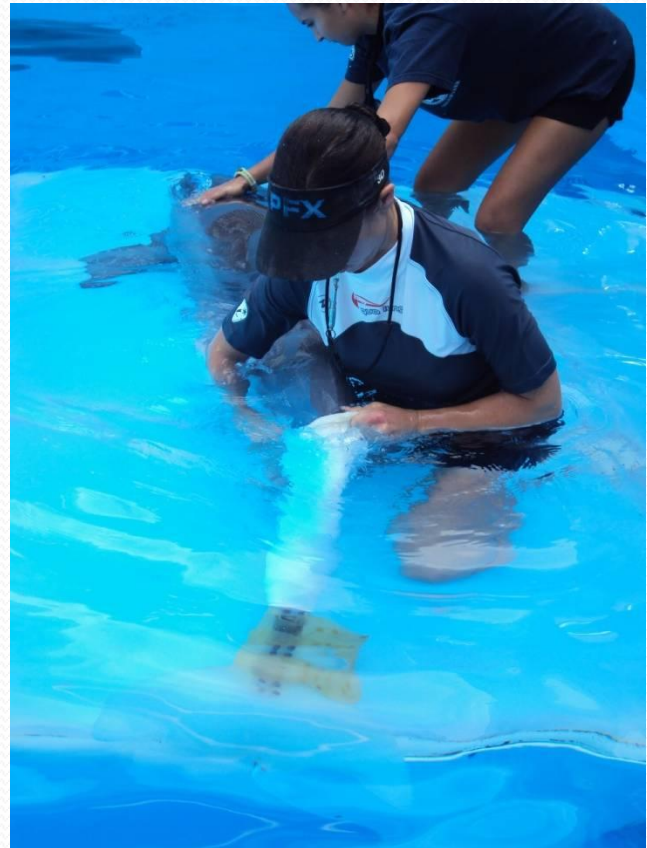
Securing the Prosthetic

- The prosthetic is adhered by a snug fit within the cups at the end of the peduncle
- We also secure the prosthetic by using a velcro strap



Outer Sleeve

- After the strap is secured, we will then roll the second sleeve over the prosthetic
- This sleeve is then secured with a large band to prevent water from rushing in while Winter is swimming



Pulling Up the Final Band



Time to Swim!

- Now that the tail is secure, we will ask Winter to swim a lap or two
- After the first few laps, we will check the tail to make sure that it is still the right fit



What Are We Watching For?

- We will then continue to monitor throughout the session Winter's stroke with the tail on
- We are looking for a nice range of motion
- We are also watching to make sure that she is not “cheating” by using her flippers while being asked to swim with a nice up and down stroke



Taking the Tail Off



- We will ask Winter to invert herself in front of the trainer
- We will then slowly remove the pieces that we had put in place when putting the tail on.

Off Comes the Prosthetic



Off with the Cup and Sleeve



All Done!

