

Mollii



C Potential

Educating Enabling Exciting

A new way to relieve spasticity and improve muscle control



Mollii @ CPotential

CPotential is a registered charity, which has been supporting disabled people in London and the Home Counties since 1963.

With Conductive Education at our core, we offer a range of services to help individuals develop their mobility, self-confidence and independence. CPotential firmly believes that everyone has the potential to learn – we're here to make that happen.

As part of our services, we are delighted to offer free assessments for adults and children to try the innovative Mollii suit.

This booklet explains:

- what the Mollii suit is
- how it works
- how it can help improve quality of life for people with movement disorders.



Mollii at a glance

The Mollii suit is a full-body assistive device that helps reduce spasticity and improve control of movements.

It's suitable for adults and children who have conditions such as cerebral palsy, hemiplegia, dystonia, stroke, acquired brain injury or multiple sclerosis.

With regular use, the Mollii suit can:

- increase the user's range of movements, e.g. in their arms, legs, neck
- improve fine motor skills, i.e. use of hands
- improve muscle control, for example, to enable more accurate movement
- reduce stiff or tight arm and leg muscles
- improve balance and, therefore, confidence.

Mollii works well alongside other treatments and therapies.

It is easy to wear at home. It only needs to be worn for an hour every other day.

Its positive effects can last for 48 hours after use.

It can help accelerate recovery in conditions such as stroke.

***Mollii helped
this little girl
to walk with
her feet close
together.***



What is Mollii?

Mollii is an assistive device that helps relieve spasticity and improve muscle control.

It comprises a jacket and trousers made of ordinary lightweight swimsuit material, which have conductive elastic sewn into them with 58 electrodes located at the major muscles.

Who is Mollii suitable for?

Mollii is suitable for adults and children (from the age of 3, depending on their height and weight) who have conditions such as cerebral palsy, hemiplegia, dystonia, stroke, acquired brain injury or multiple sclerosis.

The suit comes in 26 sizes to fit children and adults.



Wearing Mollii, this boy can put his right heel down and stand tall with support.

"His body is more relaxed and open after wearing the suit. It's easy to wash and recharge so easy therapy for a change!"

How does it work?

The suit stimulates the central nervous system and stimulates muscles that are underactive, floppy or have low tone. At the same time it can relax spasticity and stiffness in muscle groups.

Each suit comes with a control panel, which is programmed to deliver a painless electro-stimulation to muscle groups, which prompts natural reflexes.

In this way, the suit can target different muscles at the same time to relieve muscle stiffness, build control of movements and increase activity of low-toned muscles.

By improving muscle tone, the suit can help a person gain more control over actions such as sitting, reaching, moving arms or legs, or walking.

When the user has more control over their movements and their body becomes more relaxed in general they use less energy, which can make them less tired.

These improvements, which may vary from person to person, can bring real benefits to their everyday life and level of independence.

This little boy could weight bear on his legs and feet better and was able to focus on an object in front of him.

“He is happy. He isn’t in pain. He currently doesn’t suffer from spasms. He sleeps through the night.”



How to use Mollii

The suit's control panel is programmed for each person's individual needs.

Mollii can be worn indoors at home, at a gym or a clinic. Typically, the user would wear the suit for an hour every other day and can go about their daily routine while wearing it. The benefits can last up to two days after each session.

The suit is easy to wear and needs no technical understanding to set up. It has no known negative side effects and can be used together with other treatments.

How does Mollii work alongside other therapies?

For best effect, we recommend that Mollii is used alongside Conductive Education or other therapeutic programmes such as physiotherapy or hydrotherapy.

Using Mollii can help to delay the need for surgery such as selective dorsal rhizotomy (SDR) or reduce the need for early botulinum toxin (Botox) treatments.

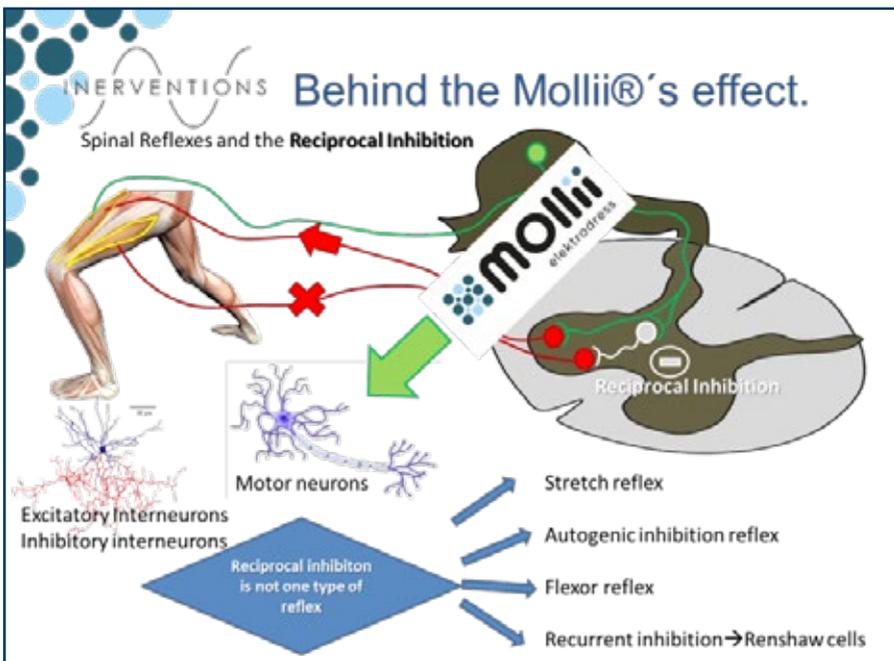


*This man
finds it easier
to walk after
wearing Mollii.*

The science behind Mollii

The Mollii suit uses low level electric current to facilitate the process of reciprocal inhibition exerted naturally by the central nervous system at the spinal cord level. If, for example, the biceps muscle is spastic, the triceps is stimulated which in turn makes the biceps relax. Relaxing the muscle and contracting the opposite muscle improves voluntary movement and a gradual improvement in function.

Mollii differs from a TENS machine, which is designed to stimulate muscles and relieve localised pain.



How Mollii works on muscles

Try Mollii for free

We offer the first assessment **free of charge** (subject to terms and conditions) at our Centre in Muswell Hill, North London. We can also run assessments at other locations for groups of 3-4 people. Please call us if you'd like us to come out to you.

The assessment for each person lasts approximately two hours. Our trained assessor first assesses the person's mobility without wearing the suit to establish a baseline for their range of movement, control and strength.

Based on this, we programme the control unit for the Mollii suit to meet their individual needs so they get the right level of stimulation to the right muscle groups.

After wearing the suit for an hour, the person gets dressed and we assess any change in their range and control of movement.

We video the assessment and we'll provide you with a copy so you can review the assessment at home.

It generally takes just one session to see the initial results, which may include reduced spasticity, improved balance, improved movement or increased relaxation.

Please note: Mollii cannot be used by anyone who has any implanted electronic medical devices, e.g. a shunt, pacemaker, intrathecal Baclofen pump, vagus stimulator, Deep Brain Stimulation (DBS) etc. It is also not suitable for pregnant women. We also recommend that you wait eight weeks after a botulinum toxin (Botox) injection as this can affect the results of the assessment.



This child could bring his arms and hands closer together and maintain his grasp.

How can I buy a suit?

CPotential is a designated trial centre and we offer assessments and post-purchase follow ups, but Mollii is sold through UK distributors. We'll give you the latest prices and ordering information at your assessment with us.

There's no obligation to buy a suit after your assessment. We'll do all we can to answer your questions so that you can make an informed decision. You may like to discuss this with other health professionals too. We also offer advice on how to fundraise for the cost of the suit.

Mollii can help with fine motor skills, like picking up bricks to build a tower.

"My little boy wears the suit three times a week for the recommended hour and mostly just before he has his physio session. This is how it works best for us as his body is more relaxed and open after wearing the suit."



Safety

The Mollii suit is a fully registered assistive medical device under the EU Medical Device Directive and is manufactured in Sweden by Inerventions AB.



It's easy to incorporate wearing Mollii with the user's everyday life.

"We've only had the suit a short time but we're definitely going to carry on with it – especially if it can help our daughter gain more independence."

All about CPotential

Everyone has the potential to learn – we're here to make that happen

CPotential is the new name for the London Centre for Children with Cerebral Palsy, a registered charity which has been supporting disabled children and young people since 1963.

At CPotential we provide life-changing learning for children who have movement disorders due to conditions such as cerebral palsy, global development delay or acquired brain injury.

We also provide information and guidance to help parents and carers find the best possible support for their child.

We are based in Muswell Hill, North London.



Wearing Mollii, this girl had better movement control and balance to place her feet on the footprints more easily.

"I was very impressed with the effect that first time. After wearing the suit, Holly had more balance when she walked... She now wears it for an hour every other day, usually when she's watching TV."

To find out more about Mollii or book a free assessment:

Email: mollii@cplondon.org.uk Tel: 020 8444 7242

Or visit the Mollii page on our website

cpotential.org.uk

Follow us on

 MolliiLondon

 @CPotentialTrust

 @C_Potential



CPotential

143 Coppetts Road

London N10 1JP

T: 020 8444 7242

E: info@cplondon.org.uk

Registered Charity No. 1124524

Company No. 5848363, registered in England and Wales

© CPotential 2019