

# Instruction Manual

**The Tortoise Shell®** is a unique new tool for vestibular therapy and sensory integration. Designed for single child or group activities, it is ideally suited for children 0-5 years old in early intervention programs.

### Tortoise Shell Parts

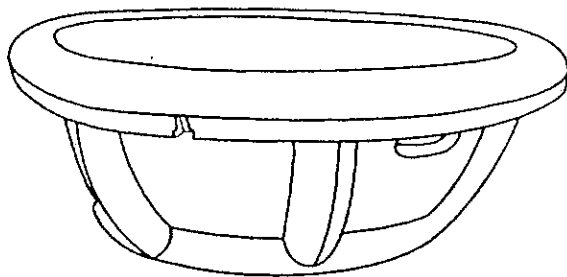
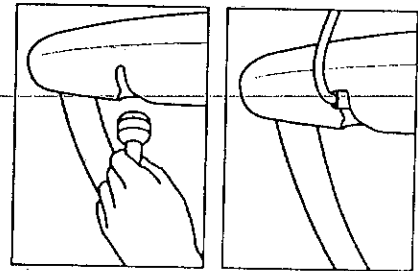
**Tortoise Shell Bowl:** (34" x 13") Molded of durable, easy-to-clean polyethylene, the Tortoise Shell is the foundation which the therapist can use for a variety of sensory integration activities. Together the bowl and lid weigh 22 lbs. and can accommodate up to 200 lbs.

**Tortoise Shell Lid:** (34" diameter) The reversible lid can be used to cover the Tortoise Shell or as a recessed base to stabilize the unit. The inside of the lid features a track for additional activity with optional balls.

**Net & Balls (Optional):** Colorful 2" Bubble Balls can turn the Tortoise Shell into a ball bath or can be used in conjunction with the ball track. A convenient mesh tote provides storage of the balls when not in use.

**Suspension Kit (Optional):** Easily attaches to the Tortoise Shell bowl unit by inserting head into keyhole and rotating upwards to lock into position. While suspended from the Vestibulator II® (sold separately), the Tortoise Shell converts to a swing to provide additional vestibular activity. Includes height adjustment kit to expand suspension height up to 9'.

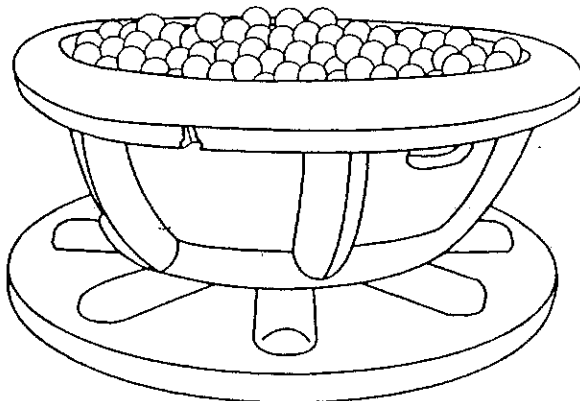
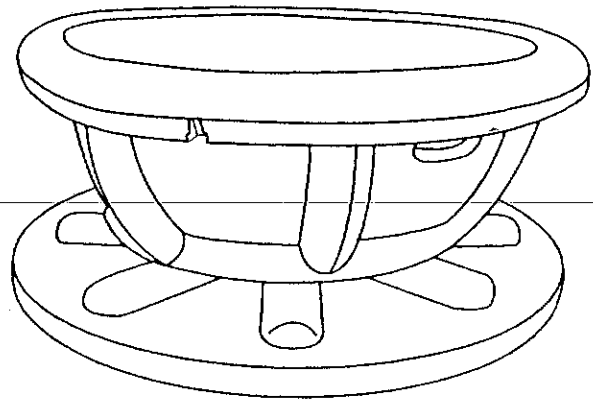
The Suspension Kit should be stored out of the reach of children when not in use.



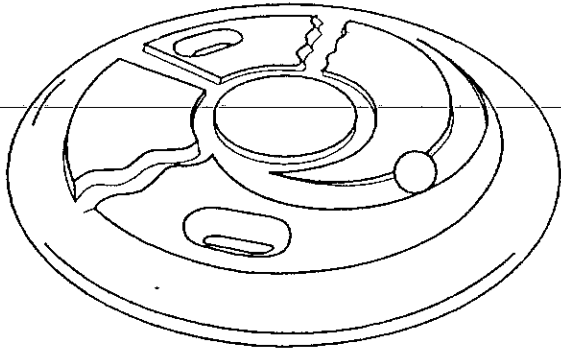
### Suggested Activities:

When used without the lid as a base, the Tortoise Shell can be spun or rocked. A built-in limiter controls the range of motion for gentle movement.

With the recessed base, the Tortoise Shell is stabilized for static activities.

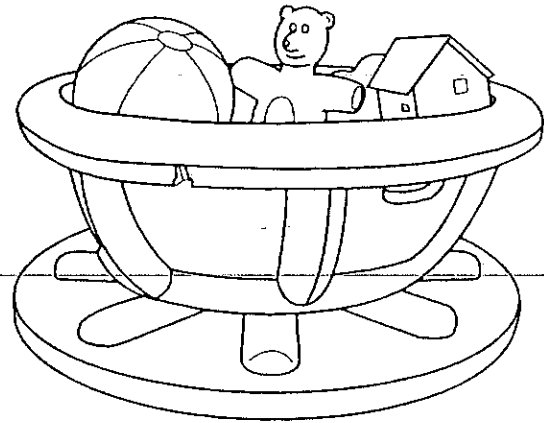


The light, colorful, Bubble Balls have an irresistible appeal, acting as a unique motivator to movement, regardless of the child's abilities. The supportive action of the Bubble Balls enables the child to position his or her own body with very little intervention from the therapist. The Bubble Balls promote tactile and kinesthetic awareness as well as balance and equilibrium.

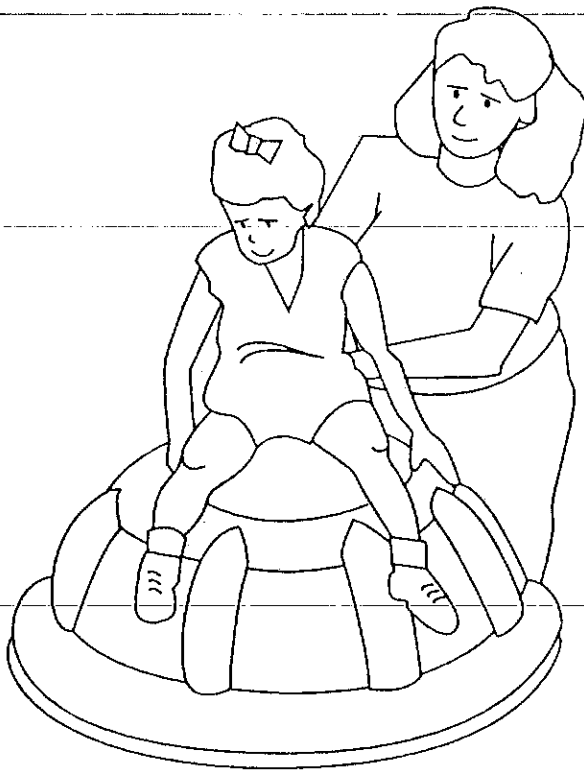


Ball tracks on the inside of the lid provide fine and visual motor enhancement. The lid can be placed on the floor, a table or the Tortoise Shell Bowl to achieve a variety of therapeutic positions

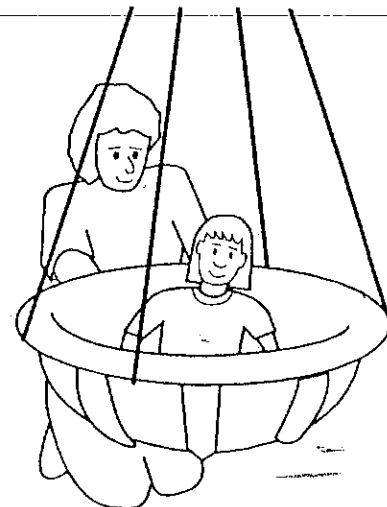
Because the Tortoise Shell is easy to clean, it can be filled with sand, rice, pasta, shaving cream, or any number of textured substances to promote tactile exploration and desensitization.



When inverted, the Tortoise Shell can be used in a variety of therapeutic activities. A child seated on the inverted shell practices balance and equilibrium reactions. While lying in a prone or supine position over the inverted shell a child can practice bilateral motor coordination, head control and stretching. Side lying positioning enables the child to practice body righting and positioning in space.



Vestibular stimulation is the core of sensory integration therapy. With the suspension kit, the Tortoise Shell can be used with the Preston Vestibulator for linear or rotary suspension. The Tortoise Shell can be suspended with or without the lid and with Bubble Balls or other textures for combining tactile and vestibular therapy.



## **Maintenance of the Tortoise Shell**

To keep the Tortoise Shell sanitary, wash it after use with warm, soapy water. Avoid abrasive cleaners which may scratch and dull the shell.

Bubble Balls can be placed in the mesh tote and hung in a shower or other well drained area while rinsed thoroughly with hot water. Allow one full day for balls to dry.

*Do not leave child unattended while the Tortoise Shell is in use.*

*A message to the adult care provider: The Tortoise Shell is designed to provide many variations of movements and stimulations for special needs children. Please discuss the appropriateness of your anticipated activities with a health care professional before proceeding.*

***Thank You to the therapists and teachers of:***

***Lyle Tarrant Center***

***Doris Klaussen Development Center***

***F. Donald Myers Educational Center***



**Preston**

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