





Simple Stuff Works®

The Simple Stuff Works way provides high-quality education and therapeutic positioning equipment to eradicate the preventable problems associated with body shape distortion.

Materials

- When used as a formal sleep system, a base layer combination of stabilising mesh, temperate topper and fitted sheet is required. All layers are designed to be breathable and washable. Further details on the materials used in these items can be found in the corresponding sections of this catalogue.
- The majority of Simple Stuff Works (SSW) supports use fibre filling, which is either in a compressed or standard form depending on the support option. Fibre is a highly breathable material which works well for promoting temperature regulation and moisture wicking.
- Supports which use the standard fibre have the added function of removable filling, allowing the volume of the support to be tailored to meet the needs of the user.

Cover Options

- The majority of supports are provided with a breathable and comfortable outer cover as standard.
- Some supports are supplied with two covers, providing an inner and outer cover layer. In some cases, the inner cover can be scripted in either a waterproof or breathable material. Where this choice is not available, the inner cover is supplied in a breathable material as standard.



From our family to yours

Simple Stuff Works advisors and colleagues are all highly experienced, having written some of the leading research into postural care and its effects. Medifab educators have been up-skilled by these individuals and are ambassadors to promote the protection of body shape.



Therapeutic positioning requires a comprehensive understanding from everyone involved if it is to be implemented successfully. Medifab with Simple Stuff

Works is equipped to offer a range of training to support families, healthcare professionals and indeed anyone with an interest in therapeutic positioning. Our courses are accredited and license delegates to join a worldwide community of postural care leaders with access to all our training materials and support.

Simple Stuff Works take pride in the fact that their equipment is silent, hygienic and simple to use. Training programs are available in Australia and New Zealand and will allow you to implement this powerful form of therapy as safely and as humanely as possible.



We spend a third of our lives in bed!

What are the benefits of night-time positioning?

There is a growing body of evidence demonstrating that night-time positioning is beneficial to people with mobility impairment, particularly when considered as part of a 24-hour postural management program.

What is the best position to lie for long periods of time?

Symmetrical supine lying has been found to protect and restore body shape, muscle tone and quality of life for people who would otherwise be left to become static in destructive lying postures.

How Simple Stuff Work works:

- The intended purpose of Simple Stuff Works is therapeutic positioning of the body in the lying posture, and is a gentle therapy used for those with movement difficulties.
- When used correctly it may help protect and restore an individual's body shape. The system has no Velcro or screw action fixings, so silent changes of position can be made with little disruption to the person whilst in bed. A range of supportive options is available to customise positioning to individual needs and goals.



1. Fit the mattress with mesh layer 1 (wider)



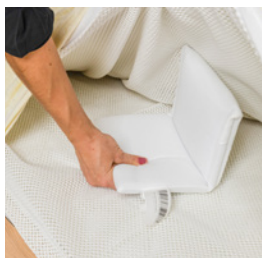
2. Arrange the mesh layer 2 (narrower) on top



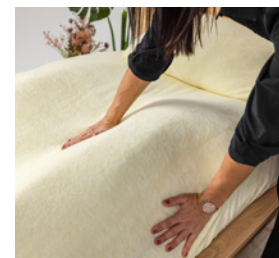
3. Place the temperate topper over the mesh



4. Fit the cotton sheet over the top



5. Position lateral supports or wedges in between mesh layers to keep in place



6. Add additional supports to achieve optimal positioning



Simple Stuff Works Packages

Packages are available in three sizes with common items.

	Infant Package	Child Package	Adult Package
Code	7150-7001-C00	7150-7002-S00	7150-7003-S00
User Age	For infants from 0 to 5 years of age	For children from 5 to 12 years of age	For adults from 12+ years of age
Package Includes	• 2x cot Bed Mesh • 2x cot Toppers • 2x cot cotton sheets • 2x small Lateral Supports • 2x small Wedges • Small Horseshoe pillow • Simple Stabiliser Size 1 • Travel bag	• 2x single Bed Mesh • 2x single Toppers • 2x single cotton sheets • 2x medium Lateral Supports • 2x small Wedges • 2x small Lateral Supports • Simple Stabiliser Size 2 • Small Terry Towelling Pillow • Travel bag	• 2x single Bed Mesh • 2x single Toppers • 2x single cotton sheets • 2x medium Lateral Supports • 2x medium Wedges • 2x large Lateral Supports • Large Terry Towelling Pillow • Travel bag



Simple Stuff Works Stabilising Mesh

- The base of the sleep system starts with a set of two layers of non-slip mesh. Supports are placed between the two layers around the individual to create the ideal position for them.
- One of the most hygienic bases for a positioning system being anti-microbial, complete with SteriTouch running through it, anti-mite, anti-fungal, entirely washable and conforms to Oeko-Tex Standard 100.
- Firmly holds any supports and is completely silent to use, making changes in position throughout the night as gentle and calm as possible.
- Can also be used to hold other pieces of equipment in place as well as holding the individual, which means that the overall positioning system is very secure whilst allowing for easy changes in position.



	Cot Bed Size	Single Bed Size
Code	7150-7011-C00	7150-7012-S00
Length	Base layer: 1600mm Top layer: 1600mm	Base layer: 1800mm Top layer: 1800mm
Width	Base layer: 1530mm Top layer: 1080mm	Base layer: 1000mm Top layer: 1500mm

Simple Stuff Works Temperate Topper

- Pair of soft mattress toppers which are non-dynamic, neither cooling nor warming the individual so as not to interfere with their unique temperature regulatory system; an essential safety feature for those who find it difficult to control their temperature.
- Used underneath the sheet on top of the layers of Stabilising Mesh.
- Made with a state-of-the-art material which is machine washable to 60°.
- Wicks moisture away from the skin and allows air to circulate around an individual, helping to maintain a dry, temperate environment for them to rest in
- Envelopes the body the body, providing a snug and comfortable layer between lateral supports and can gently be used to de-rotate the spine and chest.



	Cot Bed Size	Single Bed Size
Code	7150-7051-C00	7150-7052-S00
Length	1000mm	1000mm
Width	590mm	1000mm

Simple Stuff Works Fitted Sheets

- Made from a beautiful material which is both hard-wearing and soft, to ensure maximum comfort.
- Extra stretchy meaning supports can be placed around an individual and the sheet will still conform to their body.

	Cot Bed Size	Single Bed Size	Queen Bed Size
Code	7150-7121-C00	7150-7122-S00	7150-7123-S00
Length	1400mm	1900mm	2030mm
Width	700mm	900mm	1530mm



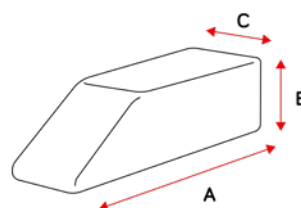
Simple Stuff Works Wedges

- Made with a specialist fibre and covered in a soft, yet durable polyester-mix material.
- Fibre is highly breathable and wicks moisture away from the skin allowing the person to remain comfortable whilst reducing the risk of tissue damage.
- Tapered at one end to facilitate use in a variety of positions.

Also available in an option for air mattresses, designed to grip directly to the mattress surface.

See scripting and ordering guide for more information.

	Small (Foam)	Small (Air)	Medium (Foam)	Medium (Air)
Code	7150-7351-000	7150-7326-000	7150-7352-000	7150-7327-000
A	220mm	320mm	360mm	310mm
B	110mm	140mm	80mm	110mm
C	110mm	110mm	90mm	130mm



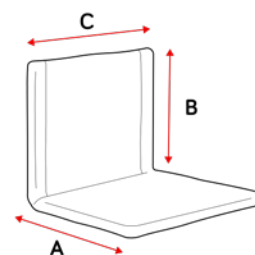
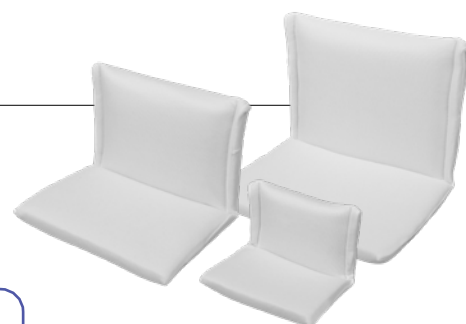
Simple Stuff Works Padded Lateral Supports

- Perfect for providing firmer support for an individual.
- L-shaped and covered with soft, washable, removable pads.
- Positioned between the two layers of stabilising mesh which holds them in place securely.
- Can also be used to stabilise other support items such as leg supports or pillows.

Also available in an option for air mattresses, designed to grip directly to the mattress surface.

See scripting and ordering guide for more information.

	Small	Small (Air)	Medium	Medium (Air)	Large	Large (Air)
Code	7150-7201-000	7150-7211-000	7150-7202-000	7150-7212-000	7150-7203-000	7150-7213-000
A	180mm	180mm	220mm	220mm	280mm	280mm
B	120mm	120mm	140mm	140mm	220mm	220mm
C	180mm	180mm	220mm	220mm	280mm	280mm



Simple Stabiliser

- Simple, yet effective, the Simple Stabiliser is a multi-adjustable leg support, designed to support the pelvis and the hips.
- The soft base allows the legs to gently relax within it and provides a gentle, passive stretch overnight.
- The soft support at the side also prevents external rotation of the hips and keeps the legs in a neutral and secure position.

Supportive leg positioning accessory which provides therapeutic positioning to the lower limbs.

The Simple Stabiliser aligns the legs therapeutically, correcting habitual, unsupported positions in supine lying. It is primarily intended for therapeutic positioning in the lying posture and is commonly used by individuals with movement difficulties. When used consistently, it can help in protecting and restoring an individual's body shape. Examples of postures that can be avoided with the assistance of the Simple Stabiliser include:

- Windsweeping to the right or left
- Internally rotating both hips
- Externally rotating both hips



FUNCTIONAL BENEFITS

- **Therapeutic Leg Alignment:** The Simple Stabiliser promotes therapeutic leg alignment, correcting habitual or unsupported positions in supine. It helps prevent conditions like 'windsweeping' and hip internal/external rotation.
- **Pelvic Stability:** Worn above the knees, the Simple Stabiliser stabilises the pelvis and hips, maintaining a neutral, supine position for extended periods.
- **Post-Surgery Support:** This device aids in post-surgery immobilisation to prevent contractures by maintaining therapeutic leg alignment.
- **Moisture Management:** Featuring a cotton terry towelling cover and specialised moisture-wicking fibre filling, the Simple Stabiliser wicks moisture away from the body, promoting skin health and aiding in temperature regulation.

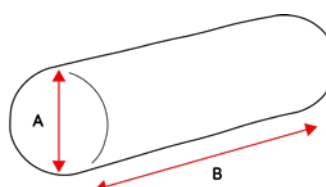
	Size 1	Size 2	Size 3	Size 4
With Breathable Inner & Terry Cotton Outer	7150-7341-000	7150-7342-000	7150-7343-000	7150-7344-000
With Wipeable Inner	7150-7345-000	7150-7346-000	7150-7347-000	7150-7348-000
Height	110mm	190mm	250mm	280mm
Depth	110mm	350mm	400mm	400mm
Width	420mm	460mm	650mm	650mm
Approx. Leg Circumference	250mm	350mm	550mm	600mm
Suggested Age Range	2 - 4yrs	2 - 10yrs	5 - 13yrs	13 - Adult
Spare Terry Cotton Cover	7150-7221-000	7150-7222-000	7150-7223-000	7150-7224-000
Spare Wipeable Inner Cover	7150-7225-000	7150-7226-000	7150-7227-000	7150-7228-000

Simple Stuff Works Roll Pillow

- Made from a soft fibre and covered in a comfortable, yet durable polyester-mix material.
- Can be used for a variety of different functions and is normally used to support the user's legs.
- Can be used between the two layers of stabilising mesh, or on top of the sheets.
- Removable filling to allow adjustment of cushion volume, tailoring the support to the users needs.



	Small	Large
With Breathable Inner & Terry Cotton Outer	7150-7851-000	7150-7852-000
With Wipeable Incontinence Inner & Terry Cotton Outer	7150-7855-000	7150-7856-000
Spare Terry Cotton Cover	7150-7857-000	7150-7858-000
Width (A)	150mm	180mm
Length (B)	400mm	500mm

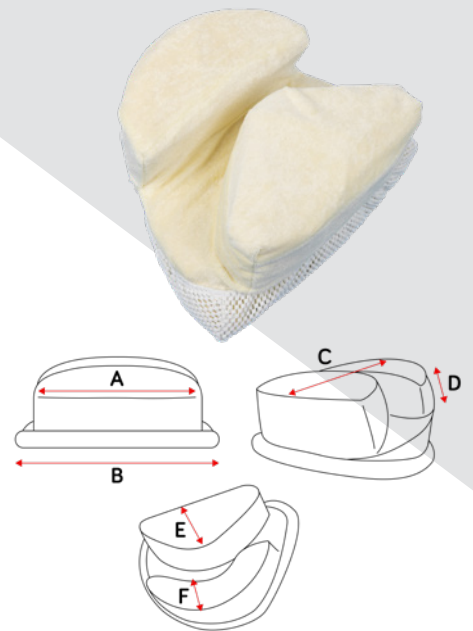


Simple Stuff Works

Side Lying Leg Support

- Designed to protect the hips and pelvis when a person is lying on their side.
- The leg channel creates a perfect place for the top leg to lie and the bottom leg wraps gently around the outside.
- When combined with lots of support along the individual's back, a supportive side-lying position can be achieved.
- Perfect for individuals who need to lie on their side for safety reasons.

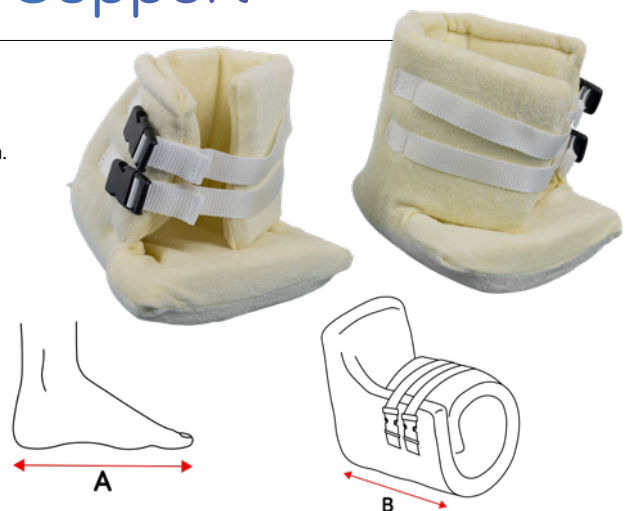
	Size 1	Size 2	Size 3
Standard	7150-7971-000	7150-7972-000	7150-7973-000
Wipeable Inner/Terry Outer	7150-7981-000	7150-7982-000	7150-7983-000
A	270mm	400mm	400mm
B	380mm	560mm	610mm
C	280mm	340mm	400mm
D	80mm	100mm	110mm
E	130mm	200mm	150mm
F	80mm	90mm	70mm



Simple Stuff Works Foot Support

- Designed to hold the ankles in a neutral position for long periods of time.
- Made from the same fibre as the Temperate Toppers, they help to keep the feet cool and dry, whilst protecting them from falling into plantar flexion.
- Terry towelling outer makes for a comfortable and soft feel on the feet.
- Easy clip system makes it easy to put on and take off.

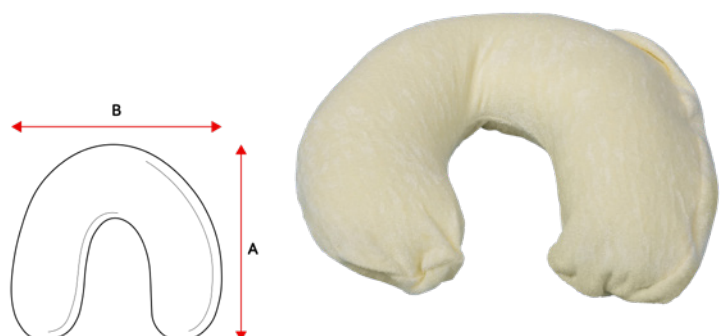
	Size 1	Size 2	Size 3
Code	7150-5351-000	7150-5352-000	7150-5353-000
A	210mm (max)	250mm (max)	300mm (max)
B	200mm	220mm	300mm



Simple Stuff Works Neck Support Pillow

- Great option for supporting an individual's neck.
- Made from a soft fibre and covered in a comfortable, yet durable polyester-mix material.
- Removable filling to allow adjustment of cushion volume, tailoring the support to the user's needs.

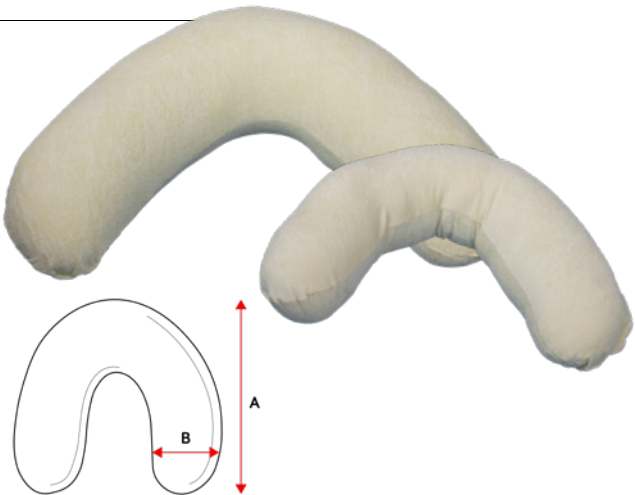
Code	7150-4050-000
A	350mm
B	300mm



Simple Stuff Works Horseshoe Pillow

- Made from a soft fibre and covered in a comfortable, yet durable polyester-mix material.
- Generally used to support the user's legs, but can be used for a variety of different functions.
- Can be used between the two layers of stabilising mesh, or on top of the sheets.
- Removable filling to allow adjustment of cushion volume, tailoring the support to the user's needs.

	Small	Large
Breathable Inner/Terry Outer	7150-7711-000	7150-7712-000
Wipeable Inner/Terry Outer	7150-7721-000	7150-7722-000
A	460mm	500mm
B	190mm	200mm



Simple Stuff Works Terry Towelling Pillow

- Universal supportive positioning pillow to provide the extra support where required.
- Can be used between the two layers of stabilising mesh, or on top of the sheets.
- Covered by a soft and comfortable, yet durable terry towelling cover.
- Removable filling to allow adjustment of cushion volume, tailoring the support to the user's needs.

	Small	Large
Code	7150-7501-000	7150-7502-000
Length	480mm	680mm
Width	350mm	450mm



SIMPLE STUFF WORKS

HORSESHOE PILLOW,
TERRY TOWELLING PILLOW

Simple
Stuff Works



Positioning Overviews



SSW Double Mesh layers, Temperate Topper, Fitted Sheet, Padded Lateral Supports (underneath sheet), Terry Towelling Pillow (small), Roll Pillow (large), Neck Pillow and Foot Support



SSW Double Mesh layers, Temperate Topper, Fitted Sheet, Padded Lateral Supports (underneath sheet) Terry Towelling Pillow (small), Simple Stabiliser and Foot Support



SSW Double Mesh layers, Temperate Topper, Fitted Sheet, Padded Lateral Supports (underneath sheet), two Terry Towelling pillows (large and small), and a Roll Pillow (large)



SSW Double Mesh layers, Temperate Topper, Fitted Sheet, Padded Lateral Supports (underneath sheet), Terry Towelling Pillow (small), Horseshoe Pillow (large), Pillow, Neck Pillow and a Roll Pillow (large)



SSW Double Mesh layers, Temperate Topper, Fitted Sheet, Padded Lateral Supports and Wedges (underneath sheet), Terry Towelling Pillow (small) and a Roll Pillow (large) - Side-lying



SSW Double Mesh layers, Temperate Topper, Fitted Sheet, Wedge and Padded Lateral Supports (underneath sheet) Terry Towelling pillow (small) and Roll Pillow (large) - Semi side-lying



SSW Double Mesh layers, Temperate Topper, Fitted Sheet
Padded Lateral Supports and Roll Pillow (underneath sheet)
and a Horseshoe Pillow (large) and Simple Stabiliser



SSW Double Mesh layers, Temperate Topper, Fitted Sheet,
Padded Lateral Supports and Wedges (underneath sheet),
Side Lying Leg Support, Terry Towelling Pillow (small) and
a Roll Pillow (small) - Side Lying



Example of accommodation of windswept hips with SSW range: SSW Double Mesh layers, Temperate Topper, Fitted Sheet,
Wedges and Padded Lateral Supports (underneath sheet), Roll Pillow (large), Ring Pillow (over the Ring) and Foot Support

