

A baby wearing a white cranial remolding helmet and holding a green toy sheep.

**PBO**

**GROUP**

PROSTHETICS  
BRACING  
ORTHOTICS

# CRANIAL REMOLDING PATIENT HANDBOOK

# INTRODUCTION

## INTRODUCTION

# LET'S GET MOVING

At PBO Group we don't just appreciate your business. We value the fact that you've trusted us with your health. Our team is committed to providing all clients with best-in-class care.

PBO stands for Prosthetics, Bracing and Orthotics and our team of dedicated professionals is passionate about helping you achieve your health and lifestyle goals.

Our five Ontario clinics offer convenient access to superior care for a range of healthcare services, including:

- Prosthetics
- Off-the-Shelf and Custom Bracing
- Orthotics
- Compression Therapy
- Cranial Remolding
- Osseointegration Support

If you have any questions, please reach out to the Client Service Team at any time through our website at [www.pbogroup.ca](http://www.pbogroup.ca) or by calling 1-877-331-3395 or by using any of the site-specific phone numbers or email addresses below.

### PBO NIAGARA: HOTEL DIEU SHAVER REHABILITATION CENTRE

547 Glenridge Avenue, St. Catharines, Ontario L2T 4C2

**PHONE:** 905-688-2553

**EMAIL:** [clientcareniagara@pbogroup.ca](mailto:clientcareniagara@pbogroup.ca)

**FAX:** 905-688-3230

**HOURS:** Monday to Thursday – 8am to 5:30pm

### PBO KAWARTHA

1-210 Hunter Street West, Peterborough, Ontario K9H 2L2

**PHONE:** 705-745-1341

**EMAIL:** [clientcarekawartha@pbogroup.ca](mailto:clientcarekawartha@pbogroup.ca)

**FAX:** 705-745-7307

**HOURS:** Monday-Thursday 8:00am to 5:00pm | Friday 8:00am to 4:00pm

## INTRODUCTION

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## LET'S GET MOVING *continued*

### PBO BARRIE

100-115 Bell Farm Road, Barrie, Ontario, L4M 5G1

**PHONE:** 705-737-3021, 1-800-461-5609

**EMAIL:** [clientcarebarrie@pbogroup.ca](mailto:clientcarebarrie@pbogroup.ca)

**FAX:** 705-737-4002

**HOURS:** Monday – Thursday, 8:30am to 5:00pm | Closed Noon to 1:00pm  
Friday, 8:30am to 2:00pm

### PBO OWEN SOUND

1665 18th Ave E Unit 2, Owen Sound, ON N4K 3H7

**PHONE:** 519-371-0001

**EMAIL:** [clientcareowensound@pbogroup.ca](mailto:clientcareowensound@pbogroup.ca)

**FAX:** 519-371-4338

**HOURS:** Monday – Thursday, 9:00am to 4:00pm

### TORONTO: SCARBOROUGH

Unit 2, 31 Melford Drive, Scarborough, M1B 2G6

**PHONE:** 416-291-7434

**EMAIL:** [clientcaretoronto@pbogroup.ca](mailto:clientcaretoronto@pbogroup.ca)

**HOURS:** Monday – Friday, 8:30am to 4:30pm

### TORONTO: ETOBICOKE

8-90 Claireport Crescent, Etobicoke, ON M9W 6P4

**PHONE:** 905-624-9293

**EMAIL:** [clientcaretoronto@pbogroup.ca](mailto:clientcaretoronto@pbogroup.ca)

**FAX:** 289-514-1957

**HOURS:** Monday – Friday, 8:30am to 4:30pm

# PATIENT CARE

## PATIENT CARE

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# WARRANTY

At PBO Group, we are committed to ensuring that all client devices and supports are of the highest quality materials, well fit and built to last. We believe in our products and offer the following warranties from the date of final fit.

### CUSTOM-MADE DEVICES

Assuming normal usage, all custom-made devices are warrantied against defects for 6 months. Fit and function for these devices is warrantied for three months after final fit, with the exception of cases of significant changes in weight.

### CUSTOM-MADE PAEDIATRIC DEVICES

Assuming normal usage, paediatric devices are warrantied against defects for two months. Fit and function for these devices is warrantied for one month.

### SOFT SUPPORTS, PRE-MADE DEVICES, SHOES, COSMETIC ELEMENTS AND CONSUMABLES

These items are solely covered by the warranty provided by the original manufacturer.

### MANUFACTURER WARRANTIES

PBO Group also supports manufacturer's warranties to componentry. The client is responsible for the cost of shipping and/or related labour.

Please note that the Ministry of Health (ADP) does not contribute to the costs of repairs under any circumstance.

### LET'S WORK TOGETHER

To maximize the success and longevity of your device, please notify us immediately of any problems, visit us annually for maintenance and never attempt to modify a device yourself.



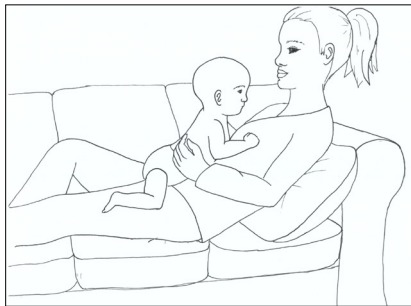
# TUMMY TIME

Experts agree that putting babies to sleep on their backs is the best way to avoid Sudden Infant Death Syndrome (SIDS). When awake, baby shouldn't spend too much time in one position to reduce the risk of developing a flat spot on their head.

Change baby's position throughout the day and ensure they are getting lots of supervised "tummy time" while they are awake to develop healthy upper body strength.

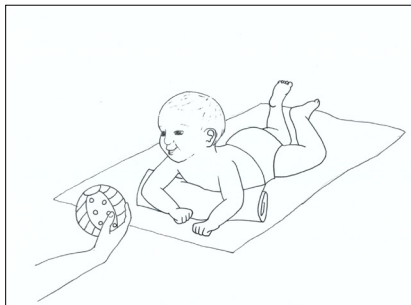
Engaging baby in these five tummy time exercises for just a few minutes, a few times a day, can help baby get used to tummy time, reduce the risk of a flat spot and help develop muscles in their back, neck and trunk.

Starting these exercises early – even from just a few days old – and maintaining a consistent schedule will help baby learn to love tummy time.



### EXERCISE #1: TUMMY TO TUMMY

Lie down on the floor or a bed, either flat on your back or propped up on pillows. Place baby on your chest or tummy so that you're face-to-face. Always hold baby firmly for safety.



### EXERCISE #2: EYE-LEVEL SMILE

Get down on the floor with baby. Being on the same level encourages eye contact. Place a rolled-up blanket under their chest and upper arms for added support.

## PATIENT CARE

### TUMMY TIME *continued*



#### EXERCISE #3: LAP SOOTHE

Place baby face-down across your lap to burp or soothe them. A hand on baby's bottom will help steady and calm them.



#### EXERCISE #4: TUMMY-DOWN CARRY

Slide one hand under the tummy and between the legs when carrying baby tummy down. Nestle baby close to your body.



#### EXERCISE #5: TUMMY MINUTE

Place baby on their tummy for one to two minutes at every diaper change. Start with a few minutes at a time and try to work up to an hour a day over the course of several short intervals by the end of three months.



# TUMMY TIME TIPS

- Your baby might not like tummy time right away. Keep trying.
- Give baby lots of interesting things to look at during tummy time such as brightly coloured toys or a mirror positioned directly in front of them.
- If baby tends to look to one way, position yourself and toys to encourage baby to look away from their favoured side. This can help loosen up tight neck muscles.
- If baby already has a flat spot on the back of their head, tummy time is a great way to change their position often throughout the day to keep the weight off the flat area of their head. Other things you can do include:
  - Place a small, rolled receiving blanket or crib roll under their shoulder and back on the side of the flat spot to tilt baby 45 degrees away from the flat area when they are playing on the floor, sleeping in their crib, or sitting in a car seat or infant swing.
  - If baby's crib is against a wall, put them at the opposite end of the crib each night as babies prefer to look out into the room.
  - If baby's crib is not against a wall, place a brightly coloured crib-safe toy in different areas to encourage baby to look in a different direction each night.

# FUNDING

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# OVERVIEW

PBO Group works closely with our clients to assess their needs and support them in exploring all available funding opportunities.

### PBO GROUP HAS BILLING PRIVILEGES WITH THE FOLLOWING FUNDING SOURCES:

- Assistive Devices Program (ADP)
- Workers Safety Insurance Board (WSIB)
- Department of Veterans Affairs (DVA)
- Non Insured Health Benefits For First Nations and Inuit (NIHB)
- Ontario Disability Support Program (ODSP)
- Ontario Works (OW)
- Assistance for Children with Severe Disabilities (ACSD)
- War Amps of Canada
- Champs Program
- March of Dimes
- Easter Seals
- Private Health Insurance Plans

If you have any questions about accessing additional funding for your devices, the PBO team is here to help you.

# WEAR & CARE

## WEAR & CARE

# INFANT HELMETS

New infant helmets should be broken in gradually to help avoid any skin irritation. Follow these tips for a better break-in experience:

- Change is hard for everyone. Recognize that the first week may be difficult.
- If you notice redness, it could be caused from the excessive sweat your child is producing. The sweating will subside after the first week.
- If your baby is sweating a lot, use cornstarch-based baby powder to help with the sweat.
- If the redness looks like the skin is irritated, try using a natural cream, like Eucerin, to help create a barrier between the skin and the helmet.
- If the skin looks like it is a dark red and/or purplish colour, the helmet is creating too much pressure and should be removed immediately.
- If the redness persists, contact our office.

## RECOMMENDED WEEK ONE HELMET BREAK-IN SCHEDULE

DAY	HELMET ROTATION	WORN DURING NAPS?	WORN DURING NIGHTTIME?
1	1 hour on, 1 hour off, repeat until bedtime	No	No
2	2 hours on, 1 hour off, repeat until bedtime	No	No
3	4 hours on, 1 hour off, repeat until bedtime	Yes	No
4	6 hours on, 1 hour off, repeat until bedtime	Yes	No
5	7 hours on, 1 hour off, repeat until bedtime	Yes	No
6	8 hours on, 1 hour off, repeat until bedtime	Yes	Yes
7	23 hours on, 1 hour off	Yes	Yes

*Check skin each time helmet is removed.*

## CLEANING THE HELMET

- To keep your child's new helmet clean you can remove the fabric liner and hand wash using mild soap and warm water. Rinse well and hang to dry. The firm structure of the helmet can be washed using a mild soap and warm water by hand in the sink as if it were a dish.

## INFANT HELMET WARRANTY

All helmets provided by PBO Group have a lifetime warranty. If at any time you feel unsure about your child in their helmet, please do not hesitate to call us. We are here to help.