

# SWELL SPOTS™

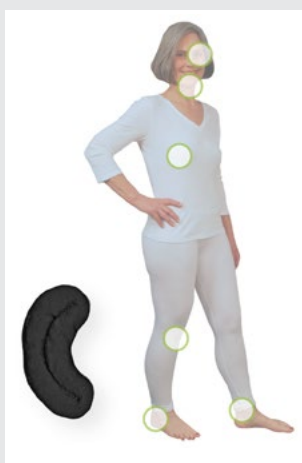
MANUFACTURED BY SOLARIS

## Lymphoedema Pressure Pads



- SOLARIS Swell Spots are designed to be used under compression bandaging, to tackle troublesome, pesky areas of swelling, pad bony prominences, soften scars, or fill crevices.
- Foam chips in Swell Spots create localized tissue pressure differentials to stimulate interstitial fluid movement, prevent stagnation and soften indurated tissue.
- The foam chips nestle into the tissue to create localized tissue stretch and pressure differential.
- Tissue stretch opens up gap junctions drawing in excess interstitial fluids and waste products into the lymphatic system.
- Some Swell Spots are designed for particular body areas (breast, foot, ankle, patella, thigh etc), while others are versatile, and can be used wherever is appropriate.
- No two patients are the same, and therefore, Swell Spots may also be custom-made upon request.

### Curved Swell Spot



- Primarily used for hard-to-accommodate areas, like the ankle and patella.
- Therapist feedback indicates that this little pad is also very effective when used under bandages around the elbow, for inferior breast scarring and to direct lymph flow around scars in any areas of the body.
- Recently, this spot has been used behind the ear and around the eye.

Code	Dimensions
SP-01	Measures approx 5cm x 12cm

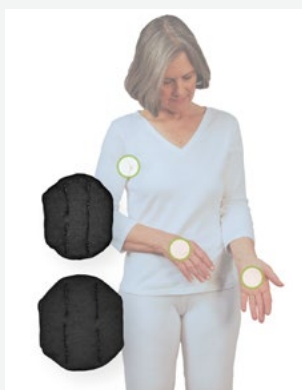
### Dorsal Swell Spot



- This Swell Spot was designed for use on the dorsum of the hand or foot.
- This shell-shaped spot works well to address this stubborn area of swelling when used under low stretch bandages.
- Patients also find it easy to use when placing it under their oedema glove or compression garment.

Code	Size	Dimensions
SP-02-S	Small	9cm x 14.5cm
SP-02-L	Large	9cm x 18cm

### Palmar Swell Spot



- Recently redesigned, the Palmar Swell Spot is primarily for use on the volar surface of the hand.
- This little spot works well under oedema gloves and bandages, and is great for the concave shape of the palm.
- The new design makes this spot great for usage on the dorsum under compression gloves.
- It also addresses lumpectomy scarring by tucking into a bra over the scar.

Code	Size	Dimensions
SP-03-S	Small	8.5cm x 7cm
SP-03-L	Large	9.5cm x 8cm

### Oval Swell Spot



- Versatile and easy to use, this simple multi-purpose design allows therapists to position the pad in many areas such as the axilla, inside hand splints, along the ulnar aspect of the forearm, and for labia swelling.
- Also suitable for any spot that just needs a little more pressure or has a problematic patch of fibrotic tissue.
- Therapists report that it reduces fibrotic tissue and helps to remodel scars.

Code	Dimensions
SP-04	Measures approx 8cm x 19cm

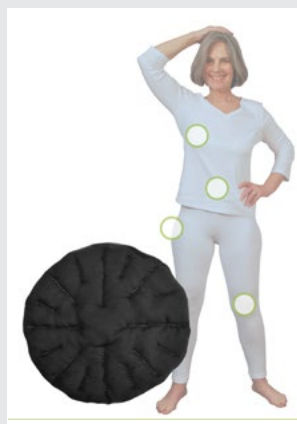
## Katina Swell Spot



- Originally designed by Katina Kirby, OTR/L, MS, CLT-LANA for use along the ulna.
- The tapered shape makes the Katina useful in treating many difficult areas, such as addressing the stubborn indurate tissue along the ulnar aspect of the forearm, along the IT band of the lateral thigh and padding the anterior surface of the calf.
- Create a muff by placing three Katina Spots in a tri-folded stockinette.

Code	Size	Dimensions
SP-05-S	Small	10cm x 38cm
SP-05-L	Large	18cm x 42cm

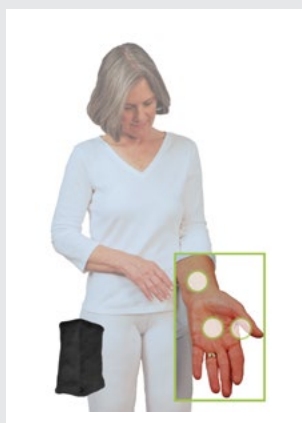
## Sobol Swell Spot



- Designed by Maria Sobol, PT, CLT-LANA to address post-mastectomy fibrotic tissue on the chest wall, especially that which is due to radiation or surgical incision scarring.
- Place a Sobol Swell Spot in a sports bra to position and add compression.
- Therapists report that the Sobol Spot is ideal for the hip, anterior-posterior knee and the abdomen when used under bandages or compression garments.

Code	Size	Dimensions
SP-06-S	Small	approx 18cm diameter
SP-06-L	Large	approx 23cm diameter

## Joju Swell Spot



- Designed for the pocket of swelling found in the thenar web space, by Joanne Pickett, OTR and Judy Warnke, OTR.
- Patients are instructed to tuck the pad under their oedema glove thumb seam to disperse pressure and encourage lymph drainage "along this sweet spot."
- Judy and Joanne report that this little pad is perfect to soften scars from carpal tunnel surgery. "We use it wherever there is thick scarring or swelling for hand patients."

Code	Dimensions
SP-07	Measures approx 5cm x 8cm

## Kimbe Swell Spot



- Kimberly Brungardt, OTR, CLT-LANA, developed this pad to reduce the swelling over the scapula area. She tucks the pad into the shoulder and chest straps of her patient's bra.
- The kidney-shaped design can be rotated around the shoulder area to address swelling, scarring, and fibrosis in this hard to wrap area.
- Therapists report that the Kimbe Spot also works great for the inside area of the groin and around the neck.

Code	Dimensions
SP-08	Measures approx 25cm x 15cm

## Breast Swell Spot



- Designed specifically for swelling and fibrosis in the breast area after lumpectomy or reconstructive surgery.
- The new sizing allows for swelling reduction.

Code	Size	Dimensions
SP-09-S	Small	A-B cup size
SP-09-M	Medium	C-D cup size
SP-09-L	Large	D-DD cup size

## Versi-Face Swell Spot



- Originally designed for swelling around the eyes, a creative therapist pointed out that the unit can be placed under the chin to cover the neck, leaving space for a trachea tube or rotated 180° and positioned to cover the mandible and cheeks.
- For perfect definition, use thermoplastics to make a mould of the forehead, eye, nose, and upper cheek and send it to us – we will trim the thermoplastics mould and make an insertion pocket on the outside of the Versi-Face.

Code	Dimensions
SP-10	Measures approx 26cm x 17cm

## Thora-Thigh Swell Spot



- Originally designed for asymmetrical chest coverage, we've taken it out of our custom line, put it into our standard production.
- Don't overlook this Swell Spot's full potential.
- When centred at the groin level and the two ends positioned to cover the medial thigh, it works wonders on radiation fibrosis and disperses the ending pressure of bandages or leg garments.
- This design can also be used at the ankle over skin-folds. Position the scoop at the anterior midline and wrap around the lower leg.
- Consider tacking this Swell Spot into a compression T-shirt to address trap swelling.

Code	Dimensions
SP-11	Measures approx 50cm x 22cm

## Reynolds Swell Spot



- Based on Jodi Reynolds', PT experience with Head & Neck lymphoedema, patient compliance with compression garments is always a challenge.
- The majority of patients tend to have swelling in one area and don't require a 'balaclava style' compression.
- This resulted in the use of Swell Spots on a system in which they were movable, and targeted just the swollen area.
- The Reynolds strap is constructed with a Velcro-receptive material, and the pad uses hook to adhere anywhere along the strap where there is swelling.

Code	Dimensions
SP-12	Pad measures approx 16.5cm x 7.5cm

## Crescent Swell Spot



- Crescents, placed in skin folds, reduce maceration, odour, and soften both the upper and lower lobules.
- Crescents used under bandages prevent migration and bunching for greater therapeutic outcomes.
- Use Large Crescents to support lax abdominal tissue.

Code	Size	Dimensions
SP-13-S	Small	54cm L x 6.5cm H x 9cm D
SP-13-M	Medium	60cm L x 6.5cm H x 11cm D
SP-13-L	Large	71cm L x 6.5cm H x 12cm D

## We'a Toe Swell Spot



- Using our exclusive toe spacer design, We'a Toes offer comfort and individualize compression for each one of the toes.
- Patients must have flexibility to reach toes to donn.

Code	Size	Dimensions
SP-14-S	Small	MTP Circ up to 22cm
SP-14-M	Medium	MTP Circ up to 25cm
SP-14-L	Large	MTP Circ up to 32cm

## Labia and Scrotum Swell Spots



- This Swell Spot features a tapered design to enhance comfort while wearing, and lower abdominal coverage to direct fluid away from the genital area.
- This Swell Spot may be worn inside or over underwear.
- The Labia Swell Spot applies gentle compression on delicate tissue.
- The Scrotum Swell Spot is designed to gently cradle the scrotum, accommodating scrotal circ up to 27cm.

Code	M/F	Dimensions
SP-15-F	Labia	Measures approx 30cm x 50cm
SP-15-M	Scrotum	Measures approx 30cm x 50cm

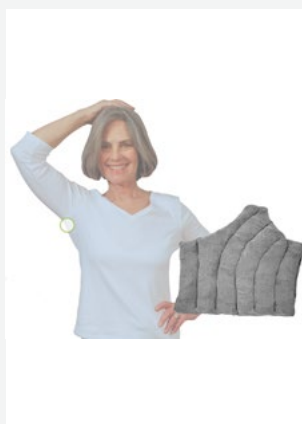
## Lateral Bra Swell Spot



- Designed to tuck inside compression bra pockets or to tuck into a patient's bra.
- The lateral Bra Swell Spot reduces scarring and protects the delicate area from bra chest strap pressures.

Code	Dimensions
SP-16-A	Measures approx 10cm x 16cm

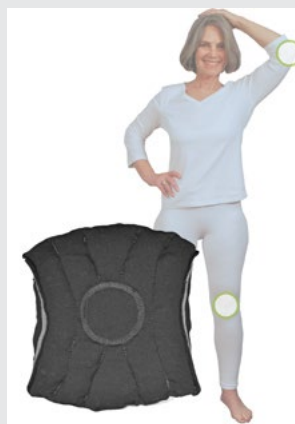
## Full Bra Swell Spot



- Originally designed for the Bellisse Bra and other compression bras, the new sizing allows for better swelling reduction.

Code	Size	Dimensions
SP-16-B-S	Small	A-B cup size
SP-16-B-M	Medium	C-D cup size
SP-16-B-L	Large	D-DD cup size

## LT Knee Shaper Swell Spot



- Designed by Bonnie Lasinski MA, PT, CI, CLT-LANA, this Swell Spot helps to contour and shape the knee, while protecting the delicate structures in the popliteal fossa.
- Use at the knee or around a large elbow to pad bony prominences, diffuse bandaging pressure, and address tissue induration.

Code	Dimensions
SP-17	Patella Girth Range 35cm x 65cm

## Ring Swell Spot



- The Ring Swell Spot was designed to fill crevices at the ankle and wrist for better bandaging.
- We've also heard therapists say they use it to treat post-surgical scarring after a hysterectomy.

Code	Closure	Dimensions
SP-18-A	w/velcro	54cm L x 6.5cm H x 9cm D
SP-18-B	w/o velcro	54cm L x 6.5cm H x 9cm D

## 'Sweet Spot' Swell Spot



- Melissa Dettmer, MPT, CLT-LANA originally designed this Swell Spot to address residual and transient pelvic floor swelling in her pregnant/post-partum patients.
- The Sweet Spot relieves discomfort, pain and pressure from perineum swelling, labia swelling, and/or vulvar varicosities.
- The Sweet Spot is the size and shape of a panty liner for maximum comfort, and can be worn inside, over, or between two pair of underwear.
- It features a one-sided non-slip surface to prevent repositioning with normal movement and is machine washable.

Code	Dimensions
SP-19	Measures approx 7cm x 14cm

## Tic-Tac Swell Spot



- These Swell Spot work well to address larger areas of fibrosis. Useable for any number of areas.

Code	Size	Dimensions
SP-20-S	Small	measures 18cm x 18cm
SP-20-M	Medium	measures 28cm x 28cm
SP-20-L	Large	measures 38cm x 38cm