

Abdominal Binder

What is an abdominal binder?

An abdominal binder, sometimes called a belly binder, is a soft elastic support that wraps around the abdomen. It supports the abdomen for children with weak or paralyzed abdominal muscles.

How does the abdominal binder help?

The binder supports the abdomen in a few ways:

- Stabilizes the trunk
- Maintains an upright trunk posture
- Supports the muscles for efficient breathing

Signs that a child may have weak or ineffective abdominal muscles are difficulty breathing, speaking, sitting or standing upright and moving with control.

How can I obtain an abdominal binder for my child?

An abdominal binder should only be used under the care of a physical therapist to assure proper fit and impact on function. Your therapist will measure your child to find out what size abdominal binder to order.

Height (zyphoid process to sacroiliac crest): _____

Circumference (around the widest point of the abdomen): _____

Once the correct size is determined, you can call 913-294-4638 or go online at www.americansewingcompany.com to order and pay for an abdominal binder for your child.

Where do I place the binder?

The abdominal binder should start at the top of the hip bones and go up over the lower ribs. The amount of tension in the binder will be determined with your therapist. In general, it should be snug enough to help with posture without limiting breathing.

How often should my child wear the binder?

Your therapist will set up a wearing schedule for your child. Abdominal binders are typically worn during waking hours until the child is able to support the abdomen with his or her own muscles. If your child is unable to support the abdomen, he or she may benefit from long-term use.

Wearing Schedule:

Questions?

If you have any problems with this home program, or any questions, please call your therapist in the Developmental and Rehabilitation Services Department at:

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: www.childrensmn.org.

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