## GUIDE TO PURCHASING MATERIALS TO MAKE A PLAYSKIN LIFT™

<table>
<thead>
<tr>
<th>Item</th>
<th>Potential Source</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>To make your Playskin Lift™ from scratch:</strong> Fabric - Performance Quick Dry White Poly Spandex Knit (Four way stretch), 92% Polyester/18% Spandex</td>
<td>Jo-Ann’s Fabrics &amp; Crafts (<a href="http://www.joann.com/performance-fabric-quick-dry-white/12505202.html">http://www.joann.com/performance-fabric-quick-dry-white/12505202.html</a>)</td>
<td>$14.99/yd (½ yard required to make a typical toddler garment)</td>
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<tr>
<td><strong>To make your Playskin Lift™ from an off-the-shelf garment:</strong> Purchase the desired garment, preferably long-sleeved so the inserts can extend beyond the elbow to support it if your child has significant arm weakness.</td>
<td>Jo-Ann’s Fabrics &amp; Crafts (<a href="http://www.joann.com/marine-vinyl--french-vanilla/12214060.html#q=marine+vinyl&amp;start=7">http://www.joann.com/marine-vinyl--french-vanilla/12214060.html#q=marine+vinyl&amp;start=7</a>; Item # 12214060)</td>
<td>$17.99/yd (1/4 yard required to make a typical toddler garment)</td>
</tr>
<tr>
<td>Vinyl – Marine Vinyl 100% PVC face/100% Polyester back</td>
<td>Jo-Ann’s Fabrics &amp; Crafts (<a href="http://www.joann.com/marine-vinyl--french-vanilla/12214060.html#q=marine+vinyl&amp;start=7">http://www.joann.com/marine-vinyl--french-vanilla/12214060.html#q=marine+vinyl&amp;start=7</a>; Item # 12214060)</td>
<td>$17.99/yd (1/4 yard required to make a typical toddler garment)</td>
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<tr>
<td>Phosphate-Coated 1080 Carbon Steel</td>
<td>McMaster-Carr</td>
<td>$6.48 for 100</td>
</tr>
<tr>
<td>Description</td>
<td>Supplier</td>
<td>Price</td>
</tr>
<tr>
<td>-----------------------------------------------------------------------------</td>
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<tr>
<td>Wire, .031” Diameter, 1’ Length</td>
<td>[McMaster-Carr](<a href="http://www.mcmaster.com/#8907k32/=uq4k2b">http://www.mcmaster.com/#8907k32/=uq4k2b</a>; Item # 8907K24)</td>
<td>$1.89</td>
</tr>
<tr>
<td>Heat-shrink Tubing, 0.13” Internal Diameter Before, 0.06” Internal Diameter After Shrinking, 4’ Long</td>
<td>[McMaster-Carr](<a href="http://www.mcmaster.com/#7856k13/=uq415q">http://www.mcmaster.com/#7856k13/=uq415q</a>; Item # 7856K13)</td>
<td>$2.27</td>
</tr>
<tr>
<td>Heat-shrink Tubing, 0.19” Internal Diameter Before, 0.09” Internal Diameter After Shrinking, 4’ Long</td>
<td>[McMaster-Carr](<a href="http://www.mcmaster.com/#7856k14/=uq40t7">http://www.mcmaster.com/#7856k14/=uq40t7</a>; Item # 7856K14)</td>
<td>$1.92</td>
</tr>
<tr>
<td>Elastic Hook &amp; Loop Cinching Strap, Nylon, Black, 5/8” Wide, .093” Thick, 12” Overall Length</td>
<td>[McMaster-Carr](<a href="http://www.mcmaster.com/#3029t132/=uq41ra">http://www.mcmaster.com/#3029t132/=uq41ra</a>; Item # 3029T132)</td>
<td>$4.99 for 10 yards (3” required for 1 pair of inserts)</td>
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<tr>
<td>General Purpose Athletic Tape</td>
<td><a href="http://www.walgreens.com/store/c/walgreens-general-purpose-athletic-tape-1.5-inch-x-10-yard/ID=prod2301329-product">Walgreens</a></td>
<td>$29.54</td>
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</table>

**Total Material Costs for the Current PlaySkin Lift™ from Scratch:** $29.54
How to Make the PlayskinLift Garment

Make the PlayskinLift with off-the-shelf childrenswear, in either the onesie or shirt style.

Written By: UD Ped Mobility Design Studio

**TOOLS:**
- Sewing Machine (1)
- Wire Cutters (1)
- Hand Needle (1)
- Scissors (1)

**PARTS:**
- Long Sleeve Knit (1)
- Long Sleeve Knit Onesie (1)
- Plastic Separating Zipper (1)
- Marine Vinyl (1)
- Velcro Strips (1)
- Safety Pins (1)
- Straight Pins (1)
- Thread (1)
Step 1 — Select Garment Style

- Choose which style you would like for your PlayskinLift.
  - Shirt Style
  - Onesie Style
- Instructions for both styles are included in this guide.

Step 2 — Prepping for the Zipper

- Lay the garment flat, front side facing up
- Determine the center line of the garment front by measuring the width and marking the halfway point with a pen/pencil
- At this mark, draw a straight line from the neck to the hem
- For the onesie style, the center line will be slightly off center due to the snap crotch closure
- Cut along the center line on the front side only. This will be your zipper opening
Step 3 — Adding the Zipper

- Line up the bottom of the zipper tape with the bottom edge of cut front opening.
- If the zipper is too long for the garment, proceed to step 4: Trimming the Zipper
- Sew the zipper to the garment front opening using a straight stitch on your sewing machine
- Use any seam allowance from 1/4” to 5/8”

Step 4 — Trimming the Zipper

- Use a pencil to mark neckline edge on zipper tape
- Mark second line 1/2” above neckline mark
- Cut tape at the second mark
- Using wire cutters, remove zipper teeth between neckline mark and cut edge of tape
- Fold excess tape at neckline to the back and stitch down to secure.
Step 5 — Getting the Perfect Fit.

- You will need the baby!
- Using either the shirt or onesie, put the garment on the baby
- Assess the fit of the garment to decide if alterations are necessary.
  - Garment should be fitted, not tight
  - Pinch excess along side seam to begin alterations

Step 6 — Fitting the Garment

- Using safety pins, pin the excess fabric along the side seam
- Pin the same amount of excess, as necessary, along side seam to armpit
- Repeat above steps for the other arm
Step 7 — Fitting the Sleeve

- Starting at the armpit, continue pinning excess fabric along length of sleeve
- With a safety pin, mark the hem
- Repeat above steps for the other arm

Step 8 — Marking location of the Vinyl Tunnels

- Determine the elbow's location on garment
- Vinyl tunnel should end halfway between elbow and sleeve hem
- Mark this location with smaller or colored safety pins
- Repeat above steps for the other arm
Step 9 — Sewing the Alterations

- Measure & record length from hem (or leg opening for onesie style) to brass safety pin. This is the vinyl tunnel length.
- Measure distance from safety pins to side seam. This will be the new seam allowance for side seam.
- Mark safety pin locations with graphite or marking pencil.
- Hem sleeve by machine to new length, as needed.
- Stitch new side seam following pencil marks. Repeat on other side seam.
Step 10 — Creating the Vinyl Tunnels

- Cut 4 tunnels from vinyl fabric 1” longer than recorded measurement and 3/4” wide. Attach 1/2” Velcro adhesive tabs (hook side) to end of 2 of the strips.

- To attach by machine:
  - Using a long stitch length, stitch two strips wrong sides together.
  - Stitch from Velcro tab, down long side, across bottom and up other side, ending at tab.
    - The seam allowance will be 1/8”.
  - Pin tunnel to garment side seam, from hem to marked end point on sleeve.
  - Stitch along previous stitch line. Attach loop side of Velcro to tab.
Step 11 — Alternate sewing method for tunnels

- Attach Velcro tabs (hook side) to end of 2 vinyl strips.
- Pin vinyl strips, wrong sides together, to side seams of garment.
- Using a whip stitch, hand sew the vinyl strips to the garment side seams.
  - Sew the strips in a "U" shape (along long edge, across bottom, and continuing up other side).
  - Keep stitches close together to secure strips to garment.
- Attach loop side of Velcro tab to vinyl strip.
Step 12 — Adding the mechanical inserts

- One mechanical insert will be used for each vinyl tunnel.
- Slide mechanical insert into tunnel.
- Close Velcro tab.
- Mechanical insert should be added once garment is on the baby.

Step 13 — Wearing the PlayskinLift

- For both PlayskinLift styles, the Velcro straps will be used to secure the tunnel.
- Dress baby in PlayskinLift and add the mechanical inserts.
- Place Velcro straps at tunnel end point. Tighten to secure.
- Be careful not to pull straps too tight. They should only be tight enough to keep tunnel from moving.
- Enjoy the PlayskinLift!
Step 1 — How to Make A Mechanical Insert

- **List of Materials**
  - A: bundle of music wire
  - B: heat shrink wrap tube
  - C: exercise tape
  - D: larger heat shrink wrap tubing
  - E: ruler
  - F: scissors
  - G: heat gun *(safety gloves not shown)*

Step 2

- Use this table to size your child's inserts.
- Insert anthropomorphic table here
- Gather wire for bundle and heat shrink wrap
- Picture of Table
Step 3

- Cut heat shrink wrap tube into a length of 11.5"

Step 4

- Insert bundle of music wire into the heat shrink tubing
- Be sure to leave equal lengths of wire showing on both sides
Step 5

- Use the heat gun to shrink the tubing over the wire
- Use heat resistant gloves and be careful not to burn oneself... unlike John...

Step 6

- Cut 6 pieces of athletic tape of size 1/4" x 3/4"
Step 7

- Fold a piece of tape over the exposed wire and cut off the sides.
- Fold 3 pieces of tape on each side
- cover the fold of the previous piece of tape with the current piece of tape

Step 8

- cut the larger tubing into two 1” lengths
- put the larger tubing over the athletic tape while leaving about 1/4"hanging off the end
**Step 9**

- Use heat gun to shrink the tubing into position
- while the tubing is still hot cap the end by bending the tubing onto itself
- be sure to use heat resistant gloves...unlike John...

- Repeat this step so that both ends are sealed

**Step 10**

- Complete insert