Restricted Mobility Simulation (Aging) Suits

The suits are made to limit movements. Do not try to overcome the limitations or the suit will be damaged.

**Pants**: slip on pants centering the knees in the knee holes. Secure elastic around leg above and below the knee. Secure thigh band elastic around thigh. Secure waistband so it is snug.

**Top**: Place sleeves so the elbow is centered in the elbow hole. Secure elastic around arm above and below the elbow. Secure waistband so it is snug.

**Connecting pants and top**: Slip buckles together from pants thigh band to top waist band. Slip buckles together at shoulders. Tighten straps to cause a slumped over posture.

**Accessories**: Secure neck brace around neck for firm support. Put on gloves and goggles. Unfold cane and snap into place. Adjust cane if needed. Gently place earplugs in ears.

