

## **HOW MUCH WILL IT COST?**

The helmet will cost approximately \$1350. Currently this cost is not covered under MCP. Some health insurance companies will cover a percentage of the cost of the helmet. To provide coverage, your insurance company will likely require a letter from your doctor. The bill for the helmet is the responsibility of Eastern Health's financial department and it will be sent to you in the mail.

## **HOW LONG WILL MY BABY NEED TO WEAR THE HELMET?**

The helmet will be worn 23 hours a day every day, up until the child is approximately 12 – 14 months of age. Initially, the helmet will be worn for a few hours at a time. This will be slowly increased to 23 hours per day over a period of 2-3 weeks. This timeline will vary from child to child. The orthotist will need to adjust the helmet as your child's head grows. Follow up appointments will be every two weeks for the first six weeks and then decrease to monthly appointments. Once again this is only a guideline and the progress of each child may vary. The orthotist will work with you and your child to determine when the helmet therapy can be discontinued.



### **CONTACT INFORMATION**

#### **Physiotherapy**

Janeway Child Health and Rehabilitation Centre  
709-777-4346

#### **Orthotics**

Janeway  
709-777-4820



## **HELMET THERAPY INFORMATION FOR CAREGIVERS**

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## WHAT IS HELMET THERAPY?

Helmet Therapy is a treatment option for children with a misshapen head. The helmet allows for controlled molding of the skull. It acts as a protective cushion to prevent undue pressure on the affected parts of the skull thus allowing for better distribution of pressure to the child's head. The helmet is fitted in a way that promotes the bones of the skull to expand in the flat areas as the infant's head grows.



## HOW WILL I KNOW IF MY CHILD NEEDS A HELMET?

A physiotherapist will assess your child's head shape and take measurements of your child's head to determine if your child might benefit from a helmet.



A helmet will be considered after 4 – 5 months of age. Up until this age, positioning alone may be enough to improve the shape of the child's head.

Your physiotherapist will discuss the option of helmet therapy with your doctor. Your doctor may send your child to see a Pediatrician to rule out other causes for the shape of your child's head.

The Pediatrician may send your child for a low dose CT Scan which is a special test to see the development of the bones of the skull.



**The final decision about whether or not a child will have a helmet is the parents.**

## HOW IS THE HELMET MADE?

An orthotist will be involved in making your child's helmet. An orthotist is a health care worker who is trained in the fitting and fabrication of orthopedic braces. A plaster cast mold is taken of your child's head. This takes about 20-30 minutes.



The cast mold is then sent to a central fabrication facility in the United States where they make a custom helmet from the mold. When the helmet arrives you will be contacted to attend an appointment for an initial fitting.