Our gentle approach helps children & adults to learn to lie straight, improving health and function during the day.

Lying with legs to one side... makes it hard to sit straight.
Lying with knees out to the side... makes it a problem to bend in the morning.
Lying with knees together... makes it hard to sit and stand.
A rough guide to lying straight

Lying 'squint' can cause problems

Lying curled up at night... Lying with a bent back... makes it difficult to sit up during the day.

Lying straight helps you:

- Sit Straight
- Stand Straight
- Grow Straight

SYMMETRISnap™
Support and control in lying