

Product review

Holo – The Lilo with a Hole

Holo Lilo Ltd, Ilkley, West Yorkshire, £39.99
ASIN: B003RWZJWC

The Holo is a recently developed inflatable lilo with a central cut-out that enables pregnant women to lie prone. It was designed and patented by Emma Benson, who had wanted to adopt the prone position for the sake of ease during her own pregnancy. The product was trialled for a 4-month period within our women's health department, and the following feedback was collated from clinicians and patients who used the equipment.

Although the Holo is an innovative approach to the limitations of prone-lying during pregnancy, it was frequently reported that the flexibility of the lilo often meant that clinicians were not truly palpating accessory lumbopelvic movements when assessing patients. This was regardless of whether or not the Holo was at maximum possible inflation pressure. The physiotherapists occasionally used it for soft-tissue release when they wanted to perform bilateral treatment (e.g. for erector spinae and quadratus lumborum muscle release).

Furthermore, clinicians were sometimes concerned about patients transferring on and off the unsecured lilo on top of the plinth, which requires necessary risk assessment, especially for this specific patient group.

In conclusion, the physiotherapists did not feel that the Holo significantly enhanced clinical assessment or treatment for antenatal patients, particularly with regard to lumbopelvic accessory movements.

Similarly, patients had some reservations and concerns regarding getting on and off the lilo because of its unstable nature. Equally, the size of the cut-out for the pregnant abdomen is standard and has an inflated circumferential ring, which was occasionally reported to be slightly awkward and uncomfortable depending on the woman's size and the shape of her abdomen. Towards the end of gestation, it became inadvisable to even consider its use with some patients.

Nevertheless, many women did like the product and welcomed the opportunity to lie prone, especially if they had normally slept in this



position pre-natally. One patient even purchased a Holo after trying it in the clinic.

The lilo does not come with its own pump and, therefore, requires oral inflation, which is a factor that needs to be taken into consideration, especially if you are recommending it to patients. This is an issue that could be addressed by the manufacturer. Over several weeks, the Holo naturally became slightly deflated, and needed to be checked and re-inflated prior to clinical use. The equipment is of considerable size, and in view of storage limitations, this meant that it sometimes proved difficult to accommodate while the lilo was inflated. At present, it is unclear if there are any weight restrictions for the equipment; however, this obviously needs to be considered by clinicians prior to use for health and safety reasons.

In conclusion, the Holo lilo is an innovative approach to prone-lying while pregnant, but the physiotherapists involved in this trial did not feel that it enhanced clinical assessment beyond the

standard positions used for antenatal assessment and treatment. Because some patients found it beneficial when adopting a position of ease, the potential role of this product is as a home adjunct for pregnant women rather than as a staple piece of equipment within a women's health department.

The Holo is available directly from the manufacturer (www.holo-lilo.com) or from Amazon

(www.amazon.co.uk). For more information, contact Holo Lilo Ltd (e-mail: info@holo-lilo.com; tel: 07786 440392).

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