



Canadian Association of Occupational Therapists

# PRODUCT RECOGNITION PROGRAM

Report of  
the review of  
FDMT Manimos  
Weighted Animals



@ CAOT, 2023

Last update of this report published on April 2023

Important disclaimers:

- The information compiled in this report was designed for informational purposes and to communicate the final conclusions of a documented review process. The decision to award a seal of recognition does **not supersede or replace other codes, requirements or regulations** set by authoritative organizations of a specific jurisdiction. CAOT encourages health professionals to act in a responsible manner and according to best practices for the recommendation, assessment, installation and maintenance of this product. It is critical to **follow the recommendations set by the manufacturer and/or distributor** of this product and, when relevant, engage domain expert for training, use, installation, maintenance and repair.
- Recognition of a product by the Canadian Association of Occupational Therapists through the Product Recognition Program is **not a guarantee** of any product, nor is it an endorsement of the company. The Canadian Association of Occupational Therapists assumes **no responsibility** for any product or corporation, nor for any damages caused by any product or company. It is recommended that you consult an occupational therapist about the appropriateness and the proper use of the product.
- **Specific questions** related to this product(s) (including usage, availability, pricing, etc.) should be addressed directly to the manufacturer and/or distributor. Please visit [link](#) here. Concerns or questions related to the content of this report should be addressed to Josée Séguin, Director of Knowledge Translation Programs, at [jseguin@caot.ca](mailto:jseguin@caot.ca) or at 1(800) 434-2268 ext. 260
- The conclusions presented in the current report are derived from the best information available. In the case that new information becomes available and grants a modification to the conclusions, CAOT reserves the right to update and issue a new report of this product at any time.

Acknowledgement:

- The generation of this report would not have been possible without the contribution of occupational therapists and members of the Canadian Association of Occupational Therapists (CAOT).



# REPORT OF THE REVIEW OF THE FDMT MANIMOS WEIGHTED ANIMALS

## EXECUTIVE SUMMARY

FDMT Manimos Weighted Animals are sensory tools that provide a deep pressure applied on the region of the body where it is placed. All reviewers recommended that the FDMT Manimos Weighted Animals be accepted for the CAOT Product Recognition Program. Information and recommendations regarding the performance of the product are provided in this report.



**FDMT Manimos Weighted Animals is recognized by CAOT.**



# REVIEW REPORT

## THE PURPOSE OF THIS PRODUCT

The FDMT Manimos Weighted Animals are designed as weighted companions, similar to stuffed animals, to bring comfort and a feeling of calmness when in use. They are intended to help the user manage stress and anxiety by promoting attention and concentration while seated during learning and cognitive tasks or staying regulated for sleep.

Locations to use the product are school, car, and home. There is a QR code on the packaging that links to the Manimos website that offers detailed information about the population targeted, suggested uses, other models, and care instructions.

## TARGET GROUPS

Appropriate for children, adults, and older adults. The product is recommended for children who are ages 3+.

## PERFORMANCE OF THE PRODUCT (EFFICACY, USABILITY, SAFETY, RELIABILITY, DURABILITY)

- The reviewers describe the product as easy to use and the instructions are simple to follow. There is no set up required, it comes in two weight options and there are a number of design options, from a dog and cat to a dolphin, turtle, frog, lizard and snake.
- According to one of the reviewers, consideration should be given to transporting the product in luggage, due to the size and weight.
- A reviewer used the product effectively as a calming tool with several children and herself. She cited one example where she was able to introduce the product as a “companion” to a young student who was experiencing challenges transitioning to a kindergarten classroom. The product successfully calmed her down when she was feeling overwhelmed.
- One reviewer said it is important to note that the efficacy of weighted products can vary from child to child.

- Another reviewer said that the children she used the product with were naturally drawn to the weighted animal design, as opposed to other weighted products, like blankets, which made introducing it very easy.
- The reviewers agreed that the product was sewn well with applied eyes and nose. The seams can take some stress and the fabric appears to be resistant to chewing. Liquid will absorb quickly into the product, but the washing instructions are simple, and a protective cover can be purchased as an accessory.
- The reviewers recommended using the product with child who are old enough to lift or move it on their own since weighted equipment should be 10-12% of a child’s body weight, otherwise it could prove to be a safety risk.
- It wouldn’t be appropriate for neurodivergent children who frequently mouths and chews non-food objects.
- Since the product contains thousands of small beads, they also recommended checking the product for small holes since the beads could be ingested or inhaled and create a choking hazard.

## IMPORTANT RECOMMENDATIONS



- **Simple and easy to use. There are two weights to accommodate different users and a variety of animal designs to choose from.**
- **The targeted users are children, adults, and older adults.**
- **This product is designed as a sensory tool to bring comfort and a feeling of calmness when used.**



# REVIEW REPORT

## ECONOMIC CONSIDERATIONS (VALUE FOR MONEY, RETAIL AND CUSTOMER SERVICE)

The reviewers said the price of this product is in the mid to upper range when compared to similar products, however it appears to be well-made so it would outlast cheaper products.

## SCIENTIFIC EVIDENCE

The company commissioned a scientific biometric study with 40 participants to test the product (DFSA and RE-AK Technologies, 2020). The study results/ infographic did not describe methodology, publication, or conflict of interest. The study describes that based on the scientific approach of deep tactile pressure stimulation, Manimo is a proprioception tool and, thanks to its weight, reduces motor agitation. The product acts at the neurological level and increases the secretion of serotonin in the body (the happiness hormone) and melatonin (sleep hormone), while decreasing levels of cortisol (stress hormone, anxiety). The study participants found their heart rate slowed down and their blood pressure dropped, creating a soothing effect conducive to relaxation.

A quick search in PubMed and Google Scholar yielded limited results validating the use of weighted animals. Keywords used: weighted, occupational therapy, effects. (Dawson et al, 2022; Keptner et al, 2021; Lane et al, 2022)

## OTHER CONSIDERATIONS

This product could be recommended by an occupational therapist to use with any child (or adult) who could benefit from deep pressure sensation or for assessing and treating sensory processing differences to promote calm and organized behaviour. They could recommend this product to individuals or a group setting, such as a daycare, school, or long-term care setting.

## REVIEW COMMITTEE

The FDMT Manimos Weighted Animals was reviewed by three occupational therapists who have between 10 to 16 years of experience in pediatrics. One of them is an occupational therapist who focuses on pediatrics in urban, rural and remote Northern communities and the Northwest Territories, with a primary role doing assessments and interventions with neuro-diverse children. Another is an occupational therapist who

has been working in a children's treatment centre in school-based rehab for 10 years and has owned their own practice in small, rural and remote communities, including several First Nation communities. Finally, the third reviewer is an occupational therapist who works at a children's hospital and in the private sector with a focus on assessing and treating children with delays in self-care abilities, delays in fine motor skills development, and difficulties in daily living function as a result of sensory processing differences.

## FINAL RECOMMENDATION



The three reviewers were unanimous in recommending that the FDMT Manimos Weighted Animals be accepted for the CAOT Product Recognition Program. This product may be recommended by occupational therapists to clients who will benefit from a sensory tool to bring comfort and a feeling of calmness. The targeted users are primarily children, but also adults and older adults.

**Reviewers were unanimous and would recommend that the FDMT Manimos Weighted Animals be accepted for the CAOT product recognition program.**

## REFERENCES:

- Dawson, S.; Oster, C.; Scanlan, J.; Kernot, J.; Ayling, B.; Pelichowski, K.; Beamish, A. A Realist Evaluation of Weighted Modalities as an Alternative to Pro Re Nata Medication for Mental Health Inpatients. *International journal of mental health nursing* **2022**, 31 (3), 553–566. <https://doi.org/10.1111/inm.12971>.
- Keptner, K. M.; Fitzgibbon, C.; O'Sullivan, J. Effectiveness of Anxiety Reduction Interventions on Test Anxiety: A Comparison of Four Techniques Incorporating Sensory Modulation. *The British journal of occupational therapy* **2021**, 84 (5), 289–297. <https://doi.org/10.1177/0308022620935061>.
- Lane, S. J.; Leão, M. A.; Spielmann, V. Sleep, Sensory Integration/ Processing, and Autism: A Scoping Review. *Frontiers in psychology* **2022**, 13, 877527–877527. <https://doi.org/10.3389/fpsyg.2022.877527>.