Introduction
Research suggests that experiences of tic-related pain and injury (TRPI) are common in individuals with tics and Tourette Syndrome (TS) and have a moderate to severe impact on activities of daily living, economic, social, and emotional wellbeing. Additionally, TRPI is a known driver for accessing medical and cognitive behavioural intervention. However, numerous intrinsic, social, and economic factors impact access to care and treatment for TS within the UK and beyond.

Objective
This undergraduate occupational therapy co-created concept project aims to design adaptive apparel to reduce TRPI and increase occupational participation and wellbeing in individuals with TS in line with the compensatory and social model of disability.

Methodology
The researcher explored existing literature and case studies relating to TRPI and carried out market research into adaptive apparel. Six participants shared their experiences of TRPI through brief online semi-structured interviews and written product feedback, which formed the basis of the design principles.

Conclusion
The research highlights a significant gap in the market for products which reduce risk or injury for individuals with TS and other movement disorders. This compensatory and social design project aims to remove barriers to participation and engagement caused by TRPI. It offers people opportunities to engage in the occupations they want and need to do in any environment. Significantly, the intervention concept does not place the burden of change on the individual with tics, nor does it aim to reduce the tics themselves, something many participants shared was important to them.

Related literature