



PATIENT INFORMATION

Information about Standing Frames

A lot of work has been done around the use of standing frames to allow children to stand when they lack the control to do so unaided. There are many areas of development, which can be influenced by regular standing.

Bone Density

The use of standing frames may help increase bone density and reduce osteoporosis. It may help develop deeper hip sockets and reduce the risk of dislocation. It may influence the progress of a scoliosis.

Muscle Length

Standing can help maintain muscle length by gently stretching, and give a child the experience of an upright posture. It will also stimulate the muscles that are necessary for standing.

Eating and Drinking

Some children may benefit from eating and drinking while standing. The improved alignment in standing can result in more effective swallowing patterns, which will in turn influence other problems associated with eating and drinking, such as reflux and constipation. This should be discussed with a Speech and Language Therapist.

Fine Motor Skills

The improved posture and stability gained by using a standing frame can result in better fine motor skills and communication.

Bowel and Bladder Function

Fewer bladder infections and improved bowel regularity can be achieved by regular standing. The upright position can allow the bladder to fill more fully and empty in larger amounts. Gravity can help bowel movement.

Psychological Benefits

Children often enjoy standing. It is good to have a change of position and be on a level with their peers. Your child's Physiotherapist will adjust a standing frame to fit and show you how to put your child in and out, and achieve the best position.

There will need to be regular reviews in order to make adjustments for growth or changing needs.

How often and for how long?

Research shows that a period of standing for 1 hour, four to five times per week will improve bone density. Shorter, but more frequent periods in standing may be sufficient to influence muscle length. Your Physiotherapist will discuss how best to incorporate a

standing programme into daily family life.

Suggested Activities

Water; sand; crafts; electronic games eg Playstation 2, bubbles; TV; ball games; switch toys.

If you have any questions about the information in this leaflet, please talk to the Physiotherapist.

23600 V1/Physiotherapy/SDHCT/09.14/renewal Date 09.15