

### **How often should a child stand?**

It is recommended that a child should stand for a minimum of an hour, four or five times a week.

### **Getting in and out of standing frames**

While your child is small, it is easy to get them in and out of a standing frame and your therapist will show you how to do this. You should follow the safety instructions for your equipment. Your child should be as symmetrical as possible, with back and hips straight, legs equally apart and they should be taking weight evenly through both feet.

As they get bigger, a hoisting system will be introduced by your therapist, who will explain and demonstrate this technique.

**APCP would like to thank Leckey, Jenx and R82 for permission to use their pictures.**



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## Standing Frames



'Standing is part of everyday life and your child is no different'

### **Why stand?**

Many carers and parents of children who are unable to stand ask this question. There are many advantages of standing from an early age. Some children need support for a short time and others will need help for longer or until they are fully grown. There are many types of standing frame and each child will be assessed on an individual basis by their physiotherapist.



### **Bone development**

Taking weight through your bones encourages bone growth and may help to improve bone density. It can also help to form the ball and socket joint of the hips and improve the structure of the joint in early life.

### **Kidneys and digestion**

In standing gravity assists the drainage of the kidneys and bladder which is thought to be beneficial. When standing, children can digest their food more easily and may suffer less reflux, indigestion and constipation.

### **Circulation and breathing**

Muscle tone is improved with standing and this in turn assists with circulation. The bottom of the lungs can sometimes be squashed sitting down in a chair and can open up more in standing. This means deeper breaths can be taken and more oxygen is available. This may be the reason why some adults who use standing frames claim they work better in standing.



### **Hand function and posture**

In standing, a child's body is better aligned, their head control may be better and this in turn helps their ability to play, draw or write.

### **Stretching and positioning**

Standing stretches out muscles in the legs and back and allows joints to be straight and properly aligned. This may help keep better range of movement in these joints for longer and help prevent painful joints in later life.

### **Skin**

Standing can help with skin care by relieving pressure caused by sitting for long periods.

### **Social interaction**

Standing for appropriate activities such as painting at an easel will help your child interact better with their peers at school as it will put them on an eye-to-eye level. This can improve self-confidence and self-esteem. A standing frame can help a child feel safe during standing and allow them to direct their attention to learning.

