



# The Association of Paediatric Chartered Physiotherapists

## **APCP Information – Standing Frames** Information for parents and carers

*'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 into adult life. 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 hip 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.

### **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 encourages joints to be straighter and better aligned. This may help keep better range of movement in these joints for longer and help prevent painful joints in later life.

## **Skin**

Standing may 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 may 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 may help a child feel safe during standing and allow them to direct their attention to learning

## **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. However, this should be based on the individual needs of the child. Please talk to your physiotherapist.

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

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

As your child grows, a hoisting system may be introduced by your therapist, who will explain and demonstrate this technique.

This leaflet has been produced after a review of literature by the ACPN National Committee and where there is a lack of evidence, a consensus of expert opinion is agreed, correct at time of publication. For further information about reference and evidence, please visit our website: ACPN: <https://apcp.csp.org.uk> V2 Published June 2020 V2 Review June 2024 V3 Review June 2029.



The Association of Paediatric Chartered Physiotherapists (APCP) is one of the CSP's largest Professional Networks and continues to thrive with a membership of over 2,900 paediatric members. We encourage our members and support staff to work together to enhance the quality of life, wellbeing and independence of babies', children, and young people that we deliver care to.

The Chartered Society of Physiotherapy (CSP) is the professional, educational and trade union body for the UK's 64,000 chartered physiotherapists, physiotherapy students and support workers.



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