

# BENEFITS OF STANDING

- Build overall core strength and head control
- Improve muscle memory and motor control to help your child learn to stand with less support
- Develop strength and endurance to stand longer time periods
- Standing may help build capacity to stand unsupported and take steps with assistance in the future
- Keep your child's body healthy as they grow improved digestive health

## BONE DENSITY

Children who participate in a standing program can help reduce their chance of bone fractures by building up the density of their bones. Research shows standing at least 60 minutes daily is needed to maintain good bone density for prevention of fractures. Standing for multiple episodes a day that total up to 60 minutes is a beneficial way to gain bone density benefit.

*Damcott et al 2013*

*Paleg et al 2013*

*Alekna et al 2008*

*Katz et al 2006*

*Gudjonsdottir et al 2002*

*Stuberg 1992*

## RANGE OF MOTION

Standing can help your child maintain their flexibility as they grow. Standing is one way to fit stretching into your child's daily routine. Maintaining flexibility will make daily activities such as bathing, dressing, getting into and out of a wheelchair and walking easier as children grow. Research shows that children need to stand at least 45 minutes at one time to gain the benefits of improving or maintaining their muscle range of motion.

*Macias et al 2015*

*Paleg et al 2013*

*Gibson 2009*

*TW Pin*

*"Standing helped my son Easton get stronger after his shunt revision and brain bleed."*

Lisa Johnson - parent of Easton  
(meningitis. CP)

## HIP INTEGRITY

Hip surveillance: Your doctor may be monitoring your child's hip development. As part of a comprehensive hip program, research supports standing with hips apart, also known as hip abduction. If your child stands with hips moved outward in a position of hip abduction standing may help prevent secondary hip integrity issues such as hip subluxation or hip dislocation. When standing with hips outward, children can also maintain hip flexibility; making daily cares such as dressing, and bathing easier for parents. Research shows children need to stand 45 minutes a day with hips in 15-30 degrees of hip abduction to maintain hip integrity.

*Macias et al 2015*

*Martinsson 2011*

*Hagglund G et al 2005, 2014*



# STANDING PROGRAM

## STANDING PROGRAM

Your Physical Therapist has recommended your child begin a standing program, but you may be wondering why your child needs to initiate a standing program, and how it will help your child develop. If you are apprehensive about using a stander, this brochure will answer some of your questions and help you explain to family members the “why” of standing.



*We have been using a stander with RJ since he was one. Standing has helped him with his hip development, strengthening his whole body and keeping his GI moving (which makes everyone happy!)  
Jess and Mike, parents of RJ  
(hydrocephalus, CP)*

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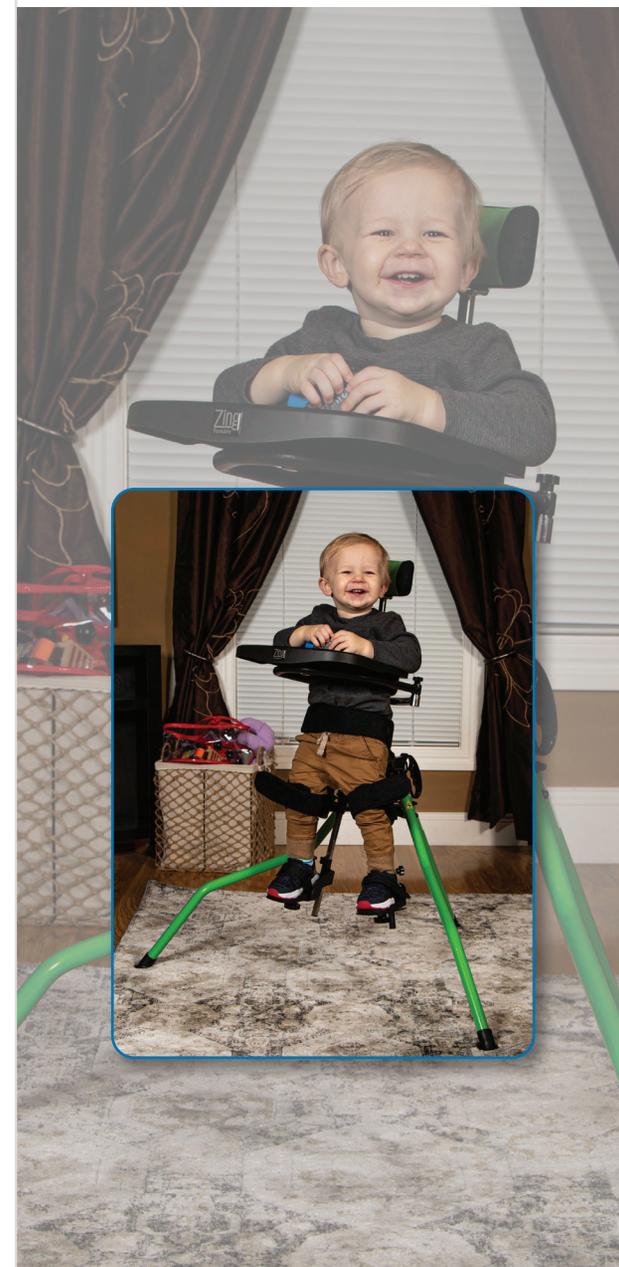
### AltimateMedical

800.342.8968  
262 W 1st. Street

507.697.6393  
Morton, MN 56283

# EARLY INTERVENTION STANDING

a parent's guide



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zingstanders.com  
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