

## WHY USE A STANDER AT SCHOOL?

A student can receive many benefits from having, and regularly using, a piece of equipment to help him/her to stand. The general health benefits include:

- Strengthening weaker muscle groups in the neck, trunk and legs.
- Decreasing the influence of abnormal muscle tone (e.g. student may be able to do more accurate and controlled reaching).
- Providing a stable support for the trunk and legs so the arms and hands are freer to move.
- Helping to develop good joints (contour and surfaces).
- Helping to maintain good alignment and good joint and muscle flexibility in trunk, hips, knees and feet.
- Helping to maintain good function of internal organs and systems (e.g. standing helps to drain the bladder).
- Helping to maintain good condition of the skin on the back and buttocks by giving relief to pressure areas.

The added benefits to using the stander in school include:

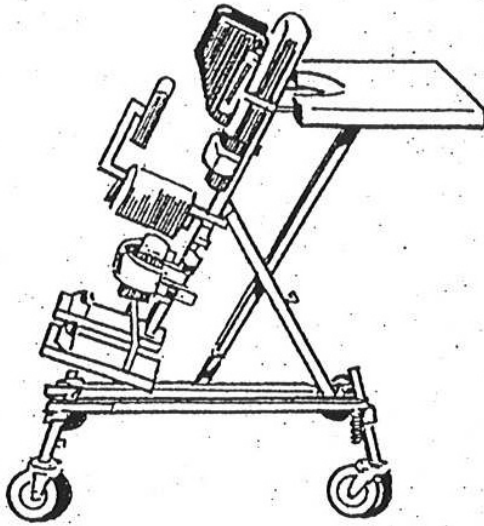
- Encouraging more independence – the student does not have to be supported by an adult to play/work in standing.
- Changing perceptions by classmates – they are more likely to think of the student as peer.
- Giving the student the opportunity to use the standing during higher energy times rather than at home after school. This will help him/her to be more of an active participant when in the stander.
- Preventing or reducing reflux issues and assisting with food digestion.

If a stander is an appropriate piece of equipment for your student at this time, your school physiotherapist may ask you and/or the EA to share information and ideas to help him/her decide on the best piece of equipment.

1. Should the stander have wheels? It makes it easier for storage in one place and use in another and also is useful for moving the student from one location to another. Brakes will make the stander safer for transfers.
2. How big is the student? How many people will be needed to put the student into the stander and take him/her out?
3. Where will the stander be stored when not in use?
4. When and where will the student be put in the stander? How long is he/she able to stay in this position?
5. What activities and/or classes could the student participate in while standing? Although there are lots of different makes and models of standers there are only four basic designs.

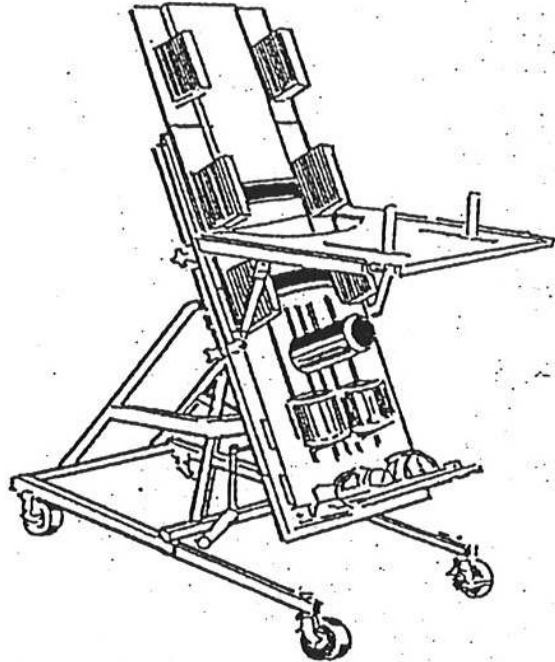
**Prone**

- supports the student on the front of the body
- usually adjusts from about 45 degrees from the floor to almost fully vertical



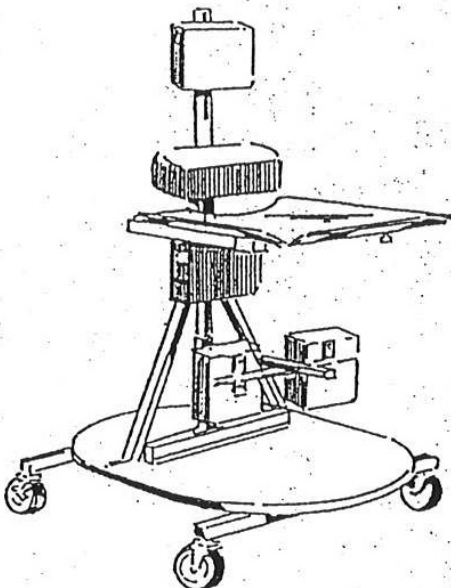
**Supine Stander**

- supports the student along the back of the head, limbs and body
- adjusts from fully horizontal (for getting in and out) to fully vertical



**Upright Stander**

- the student's position is completely vertical with support at trunk, hips, knees and feet



**Easy Stander**

- goes from sitting to standing

