



{inclusion outreach}

1031 Lucas Avenue
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Using a Stander at School

There are many benefits of using a stander. Often due to the size of the equipment it is kept and used primarily at school. If a stander is an appropriate piece of equipment for your student at this time, your school physiotherapist will train staff on how to safely use it including how to transfer the student in and out, how to fasten the straps, move the stander and use the breaks, as well as how long to stand and how to tell when the student needs to come out of the equipment.



Respect

Competence

Inclusion

Presence

Choice



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The health benefits of standing include:

- Strengthening muscle groups in the neck, trunk and legs.
- Decreasing the influence of high or low muscle tone (e.g. student may be able to do more accurate and controlled reaching).
- Better bone and joint health (bone density, contour and surfaces).
- Helping to maintain alignment and joint and muscle flexibility in trunk, hips, knees and feet.
- Helping to maintain function of internal organs and systems (e.g. standing helps to empty the bladder and bowels).
- Helping to maintain good condition of the skin on the back and buttocks by giving relief to pressure areas.

The educational benefits to using the stander in school include:

- Being upright and eye level with peers encourages inclusion
- Encouraging more independence – the student does not have to be supported by an adult to maintain standing.
- Providing a stable support for the trunk and legs so the arms and hands are freer to move.
- Giving the student the opportunity to use the stander during higher energy times. This will help the student to be more of an active participant when in the stander.

Think about activities the student will participate in while standing. Using a stander is not an educational routine in and of itself, it's a piece of equipment that facilitates a position to access an activity or routine.