



One minute guide

Standing Frames

Issue 2: November 2019

What is a standing frame and why should my child use one?

A standing frame is a piece of equipment used to help support someone in an upright position. They are often used by people who are wheelchair users or who find it difficult to stand in a straight position.

Use of a standing frame can help:

- Stiff muscles relax and floppy muscles to get stronger.
- Children to interact with their friends at the same height.
- Improve circulation, blood pressure and kidney function.
- Symptoms of reflux, indigestion and constipation.
- Strengthen bones.
- Improve joint flexibility and the development of a stable hip joint.
- Relieve pressure caused by sitting for long periods.
- Provide an alternative position for accessing play and daily activities.

How often should a standing frame be used?

Evidence suggests that standing for a minimum of 60 minutes 5 days a week is effective.

Where is a standing frame used?

You and your child's physiotherapist will plan how and where the standing frame should be used. A standing frame can be used in a child's home, school or nursery.

Type of standing frames

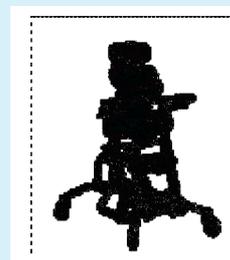
There are a variety of types and makes of standing frames. Your child's physiotherapist will carry out an assessment to identify the most suitable, often with a company rep.

There are two main types of standing frame.



Upright standing frame; the person using the frame moves from a sitting position to standing in the frame. This can be achieved with assistance but does not require the use of a hoist or sling.

Supine standing frame; the person using the frame is hoisted from a sitting position into a lying position on the frame, which can then be angled up into an upright position.



TOP TIP! Take a photograph of the child in the standing frame when the physiotherapist first sets it up. If the position does not look the same when you are using it, contact the physiotherapist to discuss.

What checks should be carried out each time a standing frame is used?

PEOPLE

- The child who is to use the standing frame is well and happy that day.
- Check the child frequently to make sure they stay well throughout their time in standing.
- The person assisting the child in to the standing frame is fit and well. Have they had the relevant training on the equipment so they feel *confident* and *competent* using it?
- **NOTE:** Anyone helping a child use a standing frame should undertake **Moving and Handling Training**. This will help keep both the child and the person assisting safe and prevent injury.

EQUIPMENT

- Standing frame is complete with all supports/ parts needed (including tray if appropriate).
- Wheels and brakes are in good working order. Brakes should be on at all times unless the frame is being moved.
- All bolts are present and tightened.
- Straps and fabric/ upholstery are present and are not torn or worn.
- No obvious structural damage e.g. bent or broken wood/ metal, sharp edges.
- Electric standers should be charged regularly (check the manufacturer's guidance for more information). Make sure the standing frame has enough charge to work before use.

ENVIRONMENT

- Standing frames should only be used on flat level ground and should not be used to transport children/ young people longer distances i.e. around school corridors, however children can be moved to access different activities within a classroom/ home. The manufacturer can provide more advice on where and how a standing frame can be used.
- Check for hazards e.g. wet floors, trip hazards, wires etc. in the area.
- The manufacturer can provide more advice on safe use of the standing frame.

Is there a charge for standing frames?

There is no charge for families whether the standing frame is for home or school. The health service funds standing frames that are to be used at home. If the standing frame is to be used in an education setting, the costs are met by the setting and/ or the education service.

Contact us:

Our core hours are 8:30am-5pm Monday to Friday.

Web: <https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/integrated-childrens-additional-needs-service-i-can4/childrens-physiotherapy/>

Central Admin Services: 0113 8433620 Email: childrenscommunityicanservices@nhs.net
St George's Centre (South) (0113 8432000)
Reginald Centre (East) (0113 8435700)
Wortley Beck (West) (0113 8438000)

For enquiries about standing frames in education settings, please contact the Access Officer on **0113 3786902**.

To check the progress of an equipment order or delivery, please contact Assisted Living Leeds on **0113 3783000**.