

BENEFITS OF WEIGHT BEARING THROUGH STANDING

Benefits

- Enables children to interact eye-to-eye with peers
- Improves well-being, alertness, and sleep patterns
- Enhances circulation and blood pressure
- Aides digestion, bowel function, and bladder drainage
- Improves respiration and voice control
- Facilitates formation of the hip joint in early development
- Stretches muscles, preventing the onset of contractures
- Improves skin integrity by relieving pressure encountered during sitting
- Increases bone density and reduces the risk of fractures
- Decreases spasticity in children with cerebral palsy



Recommendations

Standing programs 5 days per week positively affect:

- bone mineral density (60 to 90 min/day)
- hip stability (60 min/day in 30° to 60° of total bilateral hip abduction)
- range of motion of hip, knee, and ankle (45 to 60 min/d); and spasticity (30 to 45 min/day)

Diagnosis that benefit from weight bearing

- Cerebral Palsy
- Muscular Dystrophy
- Spina Bifida
- Spinal cord injury
- Traumatic Brain Injury
- Children that were not standing between the ages of 8 and 10 months
- Other neurological disorders effecting lower extremities

Types of standers

- Prone standers
- Supine standers
- Sit to stand

