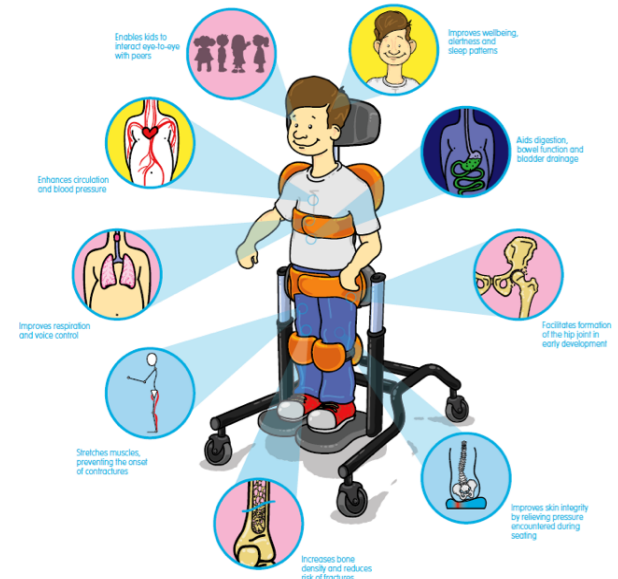


SMA- Standing Frames

Why Stand?

- To improve bone health and prevent fractures
- To improve range of motion and prevent contractures
- To help develop the hip joint at a young age
- For a change in position
- To improve respiratory function
- To help manage scoliosis
- To improve wellbeing, alertness and sleep



When can you start using a standing frame?

- Around 10 months of age

How long can you use a standing frame?

- Optimal time is 60 minutes or more of accumulated standing time per day
- Minimum use 3x/week
- Optimal use is 5-7x/week

When can a standing frame be used?

- Play time
- At school
- When watching TV, reading or playing video games
- Remember to continue to use the standing frame on the weekend and over the summer or you will lose the gains you have made

There are many different types of standing frames to support different body types. Talk to your therapist to find the right standing frame for you.

Funding:

- Standing frames can be expensive. The government Assistive Devices Program (ADP) will help cover some of the cost.
- Insurance may cover the outstanding balance
- You can apply to other funding agencies to help cover the cost:
 - Easter Seals
 - Muscular Dystrophy Canada
 - Holland Bloorview Family Support Fund