Benefits of standing

Standing activates the body in ways that sitting or lying down cannot. It engages a complex system of muscles, bones and joints to maintain balance and support weight-bearing.

For children with disabilities, standing upright may not come naturally. Using a standing frame can help them stand safely and comfortably, unlocking a wide range of physical, mental and social benefits.



Boosting cardiovascular health

Standing is a simple way to promote cardiovascular health. It can break up long periods of sitting and can act as a form of exercise, especially when combined with fun activities like playing ball.



Early intervention

Early childhood is a period of high plasticity in both the body and brain. Bones and joints are still developing, making them particularly receptive to stimuli. Introducing standing during this phase can support physical milestones, while sensory and motor experiences can enhance cognitive and emotional development.



Social and emotional growth

Standing impacts more than physical health – it can transform how children feel about themselves and interact with others. For children living with disabilities, standing can break down barriers to participation, boosting self-esteem and emotional well-being.



Improving bone strength and mobility

Standing can enable weight-bearing and can help build stronger, denser bones. For children with limited mobility, it can also reduce muscle tightness in the hips, knees, and ankles, helping to maintain range of motion for greater function.

Learn more about the benefits of standing

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