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**Standing**

  

Why standing is important

* Strengthen antigravity muscles
* View the world from an upright positon
* Improves digestion
* Improve bone density
* Learn standing balance as precursor to walking
* Optimum positon for some joints and muscles

What to check for

* Symmetry
* Posture
* Not overusing arms
* Weight through both legs
* Hips straight and apart
* Knees straight
* Heels down
* Ask your physiotherapist the best way to transfer to standing



How to progress

* Reach for toys
* Crouch towards floor for toys
* Sit to stand or rise from the floor to standing
* Cruise
* Stepping

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