



Upsee

Upsee Factsheet #02: Putting on and taking off the Upsee

Putting on the Upsee

Step 1

Adult Belt

1. Place the belt low around your hips, roughly 2 inches below your waist with the top of the triangular back support pointing upwards*. Clip together.

Wearing the belt too high around your waist may cause back strain.

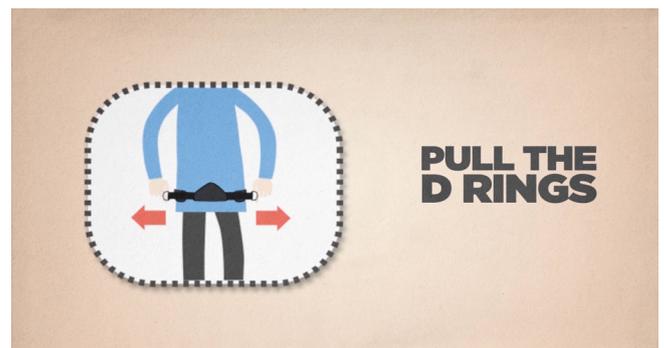
***Triangular back support should be worn as pictured on adults back**



2. Pull both 'D' rings away from the centre buckle to tighten the belt*. Ensure the webbing does not become twisted.

The belt needs to be tight enough so the child's weight cannot pull it down below the hips.

***Triangular back support should be worn as pictured on adults back**

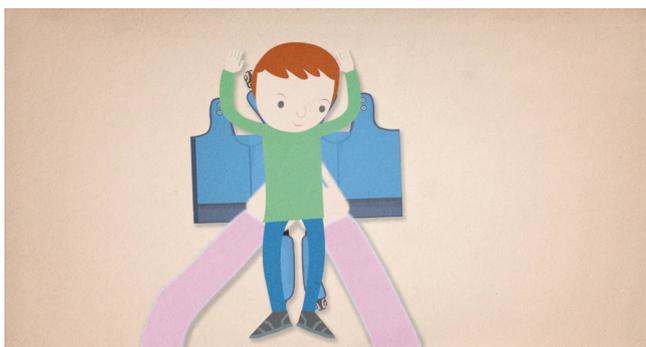


Step 2

Child Harness

Laying the harness flat and placing the child into it on his back is the easiest method.

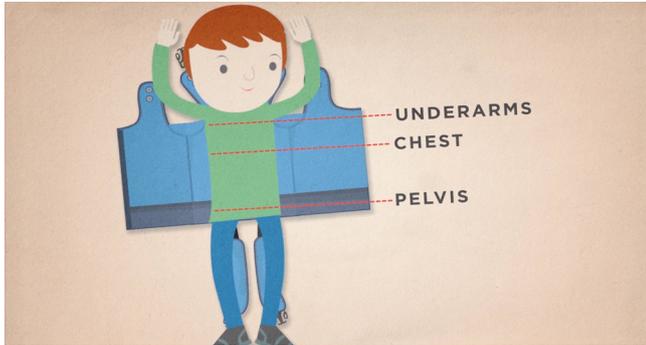
1. Lay the Upsee on a comfortable surface.



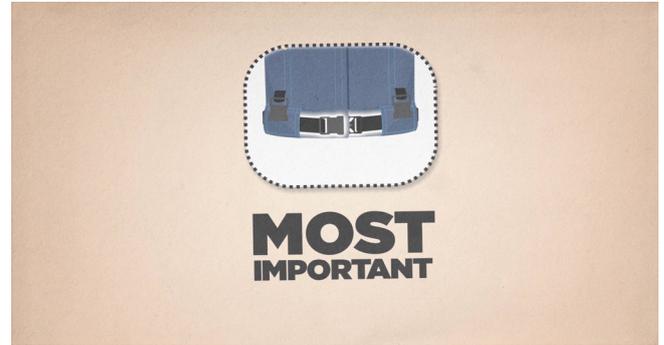
2. Lay the child back into the harness, matching their pelvis, chest and underarms to the vest.



3. Lay the child back into the harness, matching their pelvis, chest and underarms to the vest.



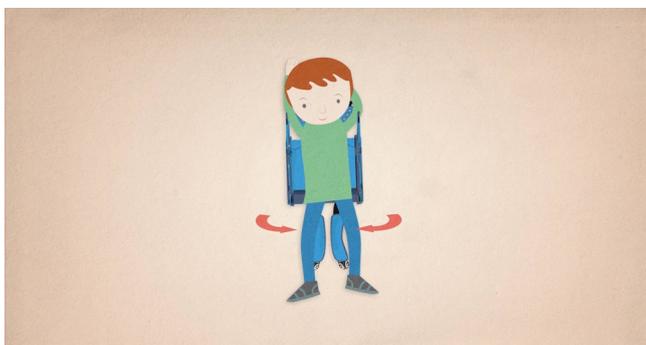
The lower strap on the harness is the most important to position correctly.



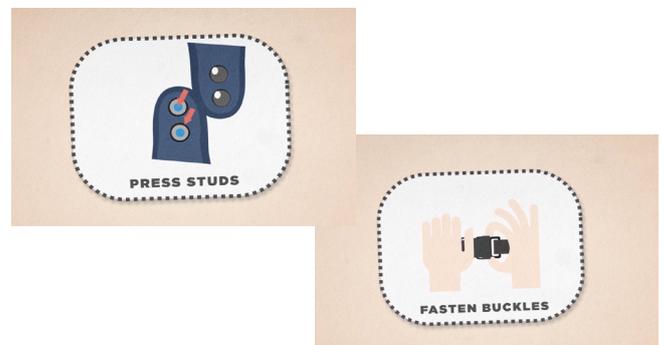
4. Make the harness snug around the child's pelvis. As a general guide, keep the bottom edge of the vest harness just above the top of the child's legs. The lower strap should lie below the front pelvic bones.



5. Once the pelvis is lined up, place the child's arms into the harness.



6. Close the padding over the shoulder using the press-studs and fasten the buckles.



Do not pull the harness up off the pelvis when fastening the shoulders. Fasten the central Velcro strip so that it fits securely around the child. Secure with buckles. Tighten the straps as required, paying particular attention to the lower one. Pass the leg straps between the child's legs and into the buckles at the front. Ensure the inner-leg padding is innermost against the child's leg/groin area. Tighten the straps enough to prevent the vest raising when the child stands up.

Step 3

Double Sandal

Our trials show most adults find it easier and more intuitive to place their feet into the double sandal first. However, some find it easier to place their child's feet in first. The instructions below are for adult-feet-first. In either case, it takes practice and may require extra help to fasten the straps at first.

1. The adult should place their feet into the large sandal first.

If the adult's feet are smaller than the sandal, place the toes to the front. If the feet are larger than the sandal, aim for a middle position.

2. Secure your feet tightly using the three Velcro straps. Extension straps are included for adults with larger feet or bulky footwear.

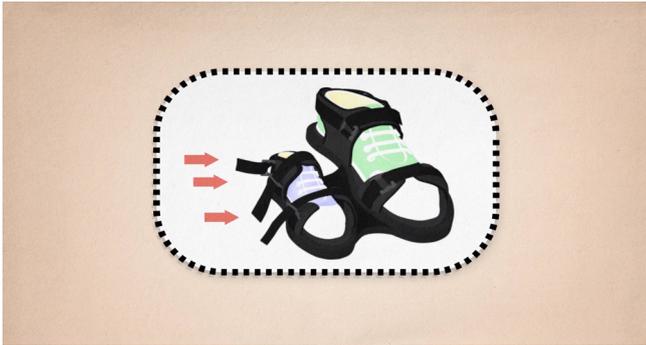


3. Sit on a stool/chair while supporting the child.

4. "Perch" the child on the edge of the seat between your legs - their feet should be on the floor.



5. Place the child's feet into the small sandals and use the three Velcro straps to secure tightly around the child's feet.



Footwear

Both adult and child should wear shoes when using the Upsee.

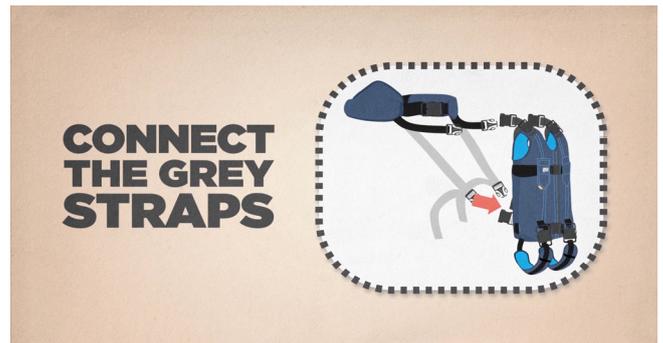
We recommend trainers/sneakers for adults. Do not wear shoes with heels, large boots, sandals or slippers.

We recommend trainers/sneakers, shoes with enclosed toes or orthopaedic shoes for children. They may also wear splints/AFOs with the Upsee.

Step 4

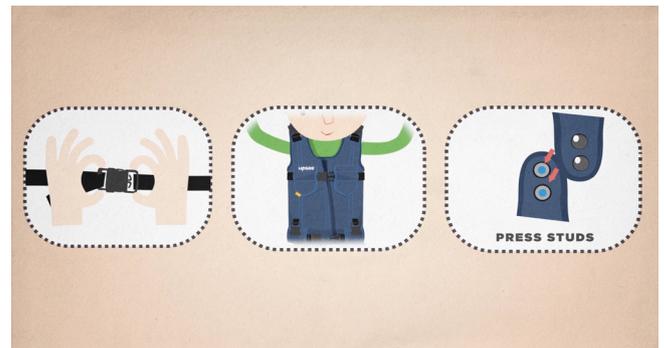
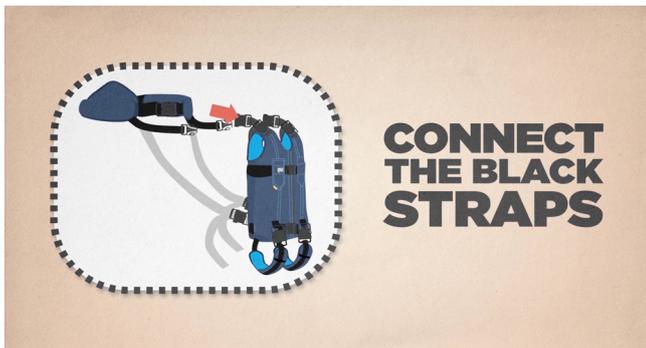
Connecting the Child Harness to the Adult Belt

1. Extend all four connecting straps on the adult belt before attaching it to the child's harness.
2. Connect the grey straps on your adult belt to the matching grey-strapped buckles on the lower back of the child's harness.



3. Connect the black straps on your adult belt to the matching black-strapped buckles on the shoulders of the child's harness.

Securely fasten the buckles, Velcro and press-studs before standing up. If you do need to make further adjustments to buckles, Velcro or press-studs, remain seated.



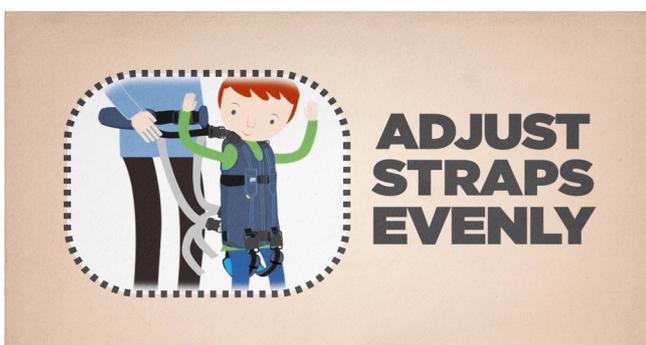
4. Stand up slowly.

! The adult may need to support the child (possibly with an assistant's help) until the connecting straps are tightened. If the child is not supported, they could fall forward while the connecting straps are still in their extended position.



5. Adjust the connecting straps evenly. Some people find this easier to do one side at a time. The child's pelvic straps (grey) should be adjusted first, as these hold the child at the correct standing height.

6. Then adjust the black shoulder straps to keep the child's trunk in an upright position.



7. Tuck excess webbing out of the way to prevent tripping.



Fine-tuning the pelvic straps (grey)

Only tighten the pelvic straps to the point where the child's pelvis is at its highest level while allowing the child to bear the majority of his own weight. You should not bear all the child's weight through the connecting straps.

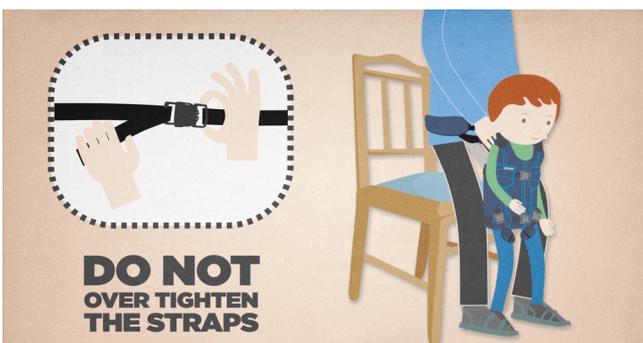
To find the right tension, you may need to loosen and tighten these straps a bit while looking checking the child's pelvic position with an assistant or by using a mirror.

After you start walking you may have to readjust the connecting straps again as the harness and straps may relax slightly during the first few minutes of walking.

Fine-tuning the shoulder connecting straps (black)

The shoulder straps support the child's trunk so it does not sway forwards/backwards or from side to side. They should not bear the child's weight like a suspension harness. "Tuning" the shoulder straps means tightening and loosening them until you find the right level of support. You will know you have this when the trunk is supported without suspending the child from their shoulders. As with the grey straps, the black ones may also need to be readjusted if they relax during the first few minutes of walking.

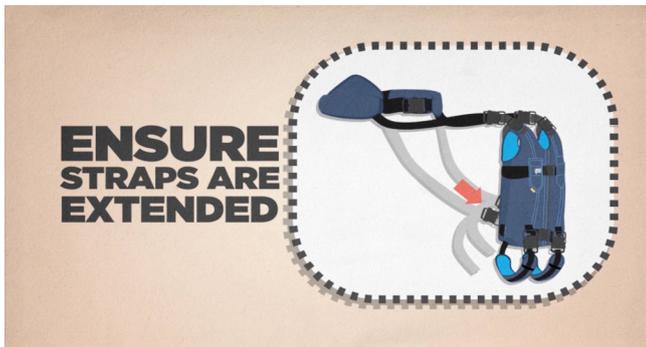
Remember - do not over-tighten the straps as this will cause the child to hang in the harness. This could risks straining the adult's back or causing them to lose balance.



Removing the Upsee

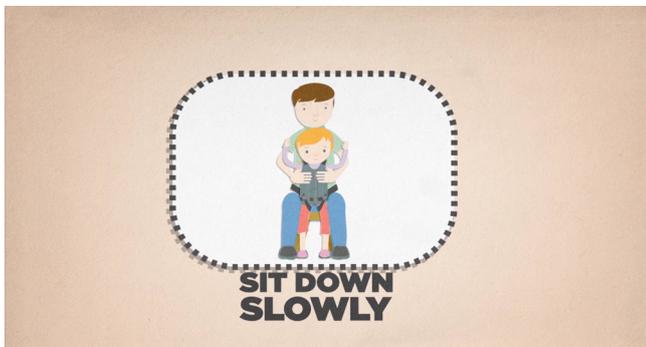
You can remove the Upsee by reversing the steps above. However, the stages and safety warnings are highlighted below.

Ensure all four connecting straps on the adult belt are extended again before sitting down. Otherwise, you risk bending the child backwards at an uncomfortable angle. Remember to give the child extra support once the straps are loosened.



1. Sit down slowly, supporting the child at the same time.

2. Guide the child's bottom towards the seat to "perch" on it.



3. Remove all four connecting straps from the child's harness (two grey at the shoulders and two black at the lower back).

4. The adult should undo their own feet from the double sandals first then the child's feet (you may take the child's feet out first, if this feels easier).



5. Lay the child down on a comfortable surface.



6. Undo the leg supports from the front buckles and pass the straps through the child's legs to the back.



7. Undo the buckles and Velcro at the front of the harness and remove it like a waistcoat.



If the child's arms do not have enough movement to allow the harness to slip off easily, undo the shoulder clips and the press-studs.



8. Remove the adult belt.



9. Store all pieces carefully for the next adventure!



We recommend storing the child's harness flat to maximise its lifespan. Folding causes creasing in the support structure of the lining material.



Redness on the child's skin may be visible and is expected on weight bearing points. If this redness persists, please review the set-up of the product to ensure it is not too tight or too loose.



For video guidance, visit the videos section within the therapist product guide.