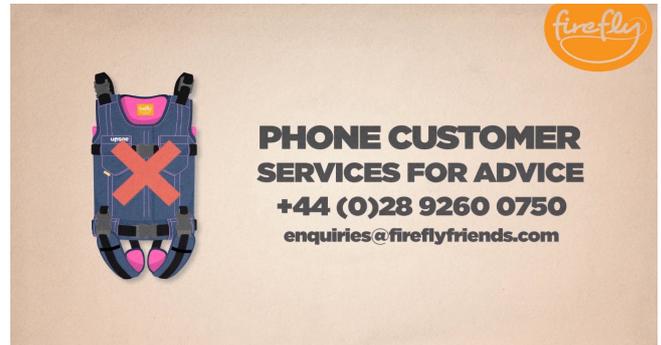




Upsee

Upsee Factsheet #03: How to use the Upsee

Before you start to use the Upsee ensure all buckles and press-studs are secure and check the Velcro for any sign of damage, wear or tear. If there are any signs of damage do not use the product and phone Firefly customer services for advice.



The Upsee is a fabulous addition to therapy and a great motivational tool to complement existing standing and walking programmes. The Upsee's success will come from the child's motivation to stand, as well as the correct level amount of adjustment and support.

Practise

It may take some time to learn how to use the Upsee and you should not expect the child to move in the Upsee immediately. They may only be able to support themselves for a very short time at the beginning.

When you first use the Upsee, try just standing with the child, for example at a table, and let them use their hands to play with toys, clean the table top, play with siblings etc.



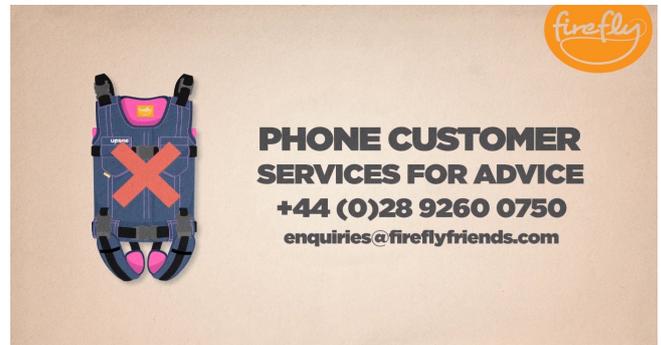
Weight bearing

The child should be able to bear their own weight, even if only for very short periods. If the child simply "hangs", they are not getting the most out of their Upsee. Take them out and try again later. Don't be discouraged if you have to repeat this for a while - it can take a bit of getting used to. You could also try simply weight-shifting using a gentle side-to-side swaying motion.

Stepping

When the child is able to bear their own weight, you can encourage them to take steps by lifting one of your feet slightly. If the child is ready, you will be able to feel them taking over the movement. Allow this to happen, and step with them, guiding their feet as required.

To get the most out of the Upsee you should compare this process to learning a dance routine with the child. Both may find this a little strange at first and it may boost your confidence to be close to a wall for additional support.



Gait

You will also find it helps to walk with your feet wider apart than usual so that the child's feet are a normal distance apart – this prevents the child's feet scissoring and makes you feel more stable.

Notice which foot the child prefers to start with, as well as their natural step length and speed. What direction do they want to move? Look where they are pointing/looking/touching. Using the Upsee to do what the child wants to do keeps them motivated.

Do not force movement, steps or speed – you could hurt the child.

By learning the movements/signals from the child you will be less likely to be taken by surprise if the child changes direction or suddenly starts or stops.

Play and learn

Use the Upsee for recreation and activities any child would enjoy doing.

One of the first cognitive abilities children learn is 'cause and effect'. They love manipulating objects to see what they do! Try to involve relatives or friends to encourage family participation.

Here are some activities you can let the child do. Remember this is not a complete list and you should use your own experience to try different activities.



- Dancing
- Open cupboard doors and pull out pots and pans (or you can open the doors for them and just let them explore with their hands – use your hands over theirs if hand function is impaired)
- Open and close the fridge door
- Walk to the front door and play with keys in the lock
- Play with siblings at eye level
- Collect mail
- Help with the cleaning - wipe tables, sweep up etc.
- Turn on and off a lamp
- Greet guests at the door
- Push a wheeled toy
- Throw and catch
- Bat and ball
- Action songs
- Painting/drawing/blackboard

Go for a walk outside. Start by walking to the end of the garden, to the gate, along the path etc.

As the child's stamina builds you can go for longer walks – to a neighbour's house, along a beach, to a park, perhaps even to the shops.

As the child develops and becomes more confident in the Upsee, you can try more advanced activities. Parents should work with a therapist to find the most suitable activities.

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