



# Upsee

## **Upsee Factsheet #04: FAQs - Therapy and the Upsee**

### What are the benefits of the Upsee over other mobility aids?

While it depends on the ability of the child, the Upsee can offer a number of advantages over other mobility aids. The Upsee enables active assisted movement so the child can stand and step to the best of their ability with the minimum level of assistance provided by you. Because you can feel the child's stepping movements through the double sandal, Upsee enables you to provide assistance to step as required. It allows the possibility of cruising - moving sideways along furniture. The type of support provided by the Upsee means that the child's hands are free to play, while giving the child the potential to achieve hip abduction (legs apart) and actively work trunk muscles in standing. And it's motivational because it can all be done during play. As well as the clinical and developmental opportunities, the Upsee is lightweight and portable.



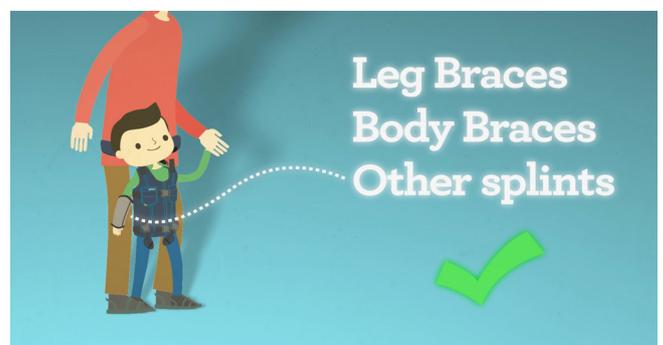
### Is using the Upsee therapy, play or sport?

Potentially all three! Children may gain the therapeutic benefits of supported standing and stepping while they play and participate in sports and family activities.



### Should my child wear their splints/braces while using the Upsee?

Yes, if they usually wear them for weight-bearing activities. If you're not sure, check which splints are being used during physical therapy sessions. For lower limbs, ankle splints (AFOs) may help to address problem of knees locking back into hyperextension. If knees are still locked back when wearing ankle splints, try standing facing down a very gentle slope while using the Upsee. This should encourage knee bend (flexion). Lower limb gaiters may also help keep knees straight. For upper limbs, arm gaiters may help keep elbows straight and enable the child to hold the handle of push-along wheeled toy.





### Is the Upsee a replacement for physical therapy?

No, the Upsee is an addition to physical therapy. It is important that the child continues with their physical therapy routine. We recommend the child's Physical Therapist be consulted before purchasing the Upsee. We also recommend the child's physical therapist be always informed about how parents are using the Upsee.

