



# Upsee

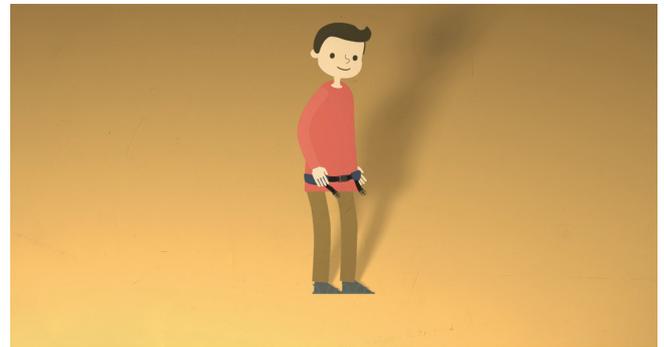
## **Upsee Factsheet #05: FAQs - Safety and the Upsee**

## My back hurts when I use the Upsee – what should I do?

The Upsee should not be uncomfortable for adult or child. If pain is experienced, STOP using the Upsee and check the list below.

Before trying again with the Upsee, check the following:

1. Make sure the child is not too tall in relation to your height – their shoulders should not be above the adult’s navel/belly button.
2. Ensure the adult belt is not too high around your waist – it should rest low on the hips



3. Don't let the child get too tired as they may become unable to support their own weight – do not let the child hang in the harness.
4. Limit use of the Upsee to the length of time that the child can be active and participating in upright weight bearing.



### **I feel unsteady using the Upsee – help!**

Check the height of the child compared to the adult using the Upsee is within safe limits - the child's shoulders should not be higher than the adult's navel. Check that the adult's stomach doesn't push the child too far forward so that they are unable to stand up straight. If so, the Upsee is not suitable for use by this adult.



Begin using Upsee in a familiar environment for short periods to build up confidence with experience. Stand with the feet wider apart, take wider steps than you would normally, and have a wall or someone else nearby to offer support if needed. Take your time and don't rush.

If you feel you are unable to become steady, we recommend that you STOP using the Upsee.

### **Can an older child use the Upsee with their younger brother or sister?**

This device is only recommended for use by an adult to support a child with motor impairment.

However, other children have an important role in motivating their little brothers and sisters to enjoy action games, dancing, ball games etc.



### **Can we use the Upsee on steps or stairs?**

No, the use of the Upsee on steps or stairs poses safety issues and is not advised.

However, allowing the child to stand with alternate feet on a low step can help to develop muscle activity (co-contraction) around the trunk and pelvis. This is called step standing and is useful for children with low tone to work towards improved hip and trunk stability.



If the child presents with asymmetry in standing, it you can try step standing with the weaker leg taking weight on the floor, while the other foot is placed on the low step. This may achieve a targeted activity for the weaker leg.