



# Upsee

## **Upsee Factsheet #07: FAQs - My child's development and the Upsee**

**I hope that my child achieves independent standing. Will using the Upsee help?**

Upsee has potential to enable the child to progress in his/her standing abilities. If the child has potential to progress, the Upsee provides the opportunity to try weight-bearing through their legs and to initiate stepping. A child with little ability to bear weight through their legs can still experience standing in the Upsee. Every child's potential is different and we are unable to predict what the child may achieve.



**How can my child make any progress using the Upsee?**

The amount of progress will vary from child to child – some going much faster than others. It's very important to remember that all children will benefit from the experience of dynamic standing with their parent, and that this may be the child's maximum potential at this stage in their development.



**My child does not initiate stepping. Can using the Upsee help?**

The Upsee provides an opportunity for the child to step passively and gain experience moving. For some children this is a worthwhile goal by itself, while other children may have the potential to develop active weight bearing through their legs and achieve stepping.



While standing, shift your weight slightly from side to side and forward and backward, taking care not to lose your balance. When the child is weight bearing through one leg, you can move their body weight forwards over the weight bearing foot. This will encourage and teach initiation of stepping with the unloaded foot. Remember to be sensitive to the child's own activity, and use motivational play/music/ siblings to encourage the movement you want.

**My child has quite high muscle tone in his legs. Can he use the Upsee?**

The Upsee should not be used for children with very high abnormal muscle tone in cases where their legs are rigid or very resistant to movement. If the child has mild or moderate increased tone, and their ankle, knee and hip joints move through the range of movement used during walking, then the Upsee may be suitable for them. Standing and swaying from side to side or forwards and backwards in step standing may help to reduce the increased muscle tone in the child's legs in preparation for stepping.



**My child is asymmetrical. Can he use the Upsee?**

A child with any degree of asymmetry may benefit from use of the Upsee provided the level of abnormal muscle tone along their more affected side is not rigid or very resistant to movement (see previous question). The more affected side also needs to have sufficient range of movement in the leg to achieve a standing position. Once in the standing position, sideways shift over the more affected side may achieve elongation of that side and subsequent reduction in muscle tone. As for a child with generalised high muscle tone, swaying from side to side in standing may help to reduce abnormal muscle tone.



If the child has a small leg length difference they should still be able to use the Upsee effectively with ordinary shoes. However, we recommend that the physical therapist is consulted, and if the child normally wears a shoe raise for other standing or walking activities, they should do so while using the Upsee.

**My child has reduced head control. Can she use the Upsee?**

Using the Upsee gives the child potential to develop head control because the standing position facilitates active neck extension and head lift. Try to move the child's shoulders back slightly to encourage further head lift.



From the standing position, encourage the child to lift her head by using play to motivate upward eye-tracking and subsequent head lift. You can help to facilitate head lift by either lifting the child's arms up to play or rest on a surface at shoulder height. You might also try placing the child's hands, palms flat, with straight elbows, against a large mirror at shoulder height, so that they can see themselves.

It is also possible to support the child's head with one hand on the top of her head and the other supporting her at her chin to achieve a long straight neck rather than overextending her neck.

**My child has a visual impairment. Can he use the Upsee?**

Yes. The Upsee provides a safe way to stand and step for a child with visual impairment. Your close connection to the child gives him a feeling of safety and security. As you guide the child safely in stepping, with hands free to explore the environment together, you enhance the development of the child's sensory and perceptual awareness.



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