

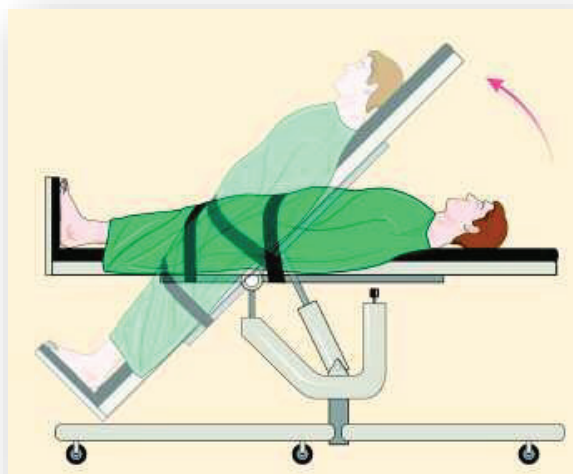
Sources of Information

This information is based on the MASCIP 'Clinical Guideline for Standing Adults Following Spinal Cord Injury' (2013).

MASCIP (Multidisciplinary Association for Spinal Cord Injury Professionals) is an organisation consisting of health care professionals who work in the main spinal cord injury centres in the UK and Ireland.

The full document can be found at the following online location:

<http://www.mascip.co.uk/wp-content/uploads/2015/05/Clinical-Guidelines-for-Standing-Adults-Following-Spinal-Cord-Injury.pdf>



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An tOspidéal Náisiúnta Athshlánúcháin

Standing Guidelines For Adults with SCI



**How adults with
Spinal Cord Injury may benefit
from a Standing Programme**

Standing Guidelines after Spinal Cord Injury

Every individual is different and a standing programme may not be suitable for everyone.

It is important that your physiotherapist assesses whether a standing programme is suitable for you before commencing.

The benefits to standing include:

- weight-bearing through your leg bones
- stretching your leg muscles
- helping your breathing
- improving your overall health.



If after assessment, your physiotherapist considers that a standing programme is suitable for you, then to make sure you achieve the minimum amount of standing recommended each week, you must:

- Stand at least 3 times a week
- Stand for at least 30-60 minutes each time
- Stand as soon as you are medically well enough to do so



Steps to Success

The following are simple steps you can take to help you achieve your standing goals:

1. Identify what type of assistance you need (if any) to stand for at least 30 minutes.
2. Pick the times and days of the week you will stand on. Combine standing with something practical (such as eating dinner, doing housework, watching TV or reading) if possible.
3. If you are using assistive devices, make sure they are correctly set up for your measurements.
4. Make sure arrangements are in place for annual maintenance of any such devices through community services or with the company that provided the equipment.

If you have any questions about standing following spinal cord injury, please ask your physiotherapist at any time and they will happily discuss this with you and answer any questions you may have.