

Information for Patients

Activities to Promote Standing & Weightbearing

Physiotherapy Service

These activities are designed to promote weight-bearing and promote children's standing abilities.

All children develop at different rates and will achieve standing at different times.



HIGH KNEELING

This position is lovely to strengthen around their middle. Encourage your child to kneel up to an appropriate sized surface such as your base sofa cushions on the floor or a little toy box.

You can help your child in this position if they are struggling by supporting at their hips.

HALF KNEELING

This is another lovely position to strengthen around their middle. This will also help your child learn to stand from a surface.

You can help your child by using this position during play.



WEIGHT-BEARING AND STANDING

Encouraging children to stand at an appropriate sized surface such as the sofa is important to encourage them to accept weight through their lower limbs.

You can also encourage children to weight bear by getting your child in sitting and reaching forward over their feet to encourage them to take weight through their legs.

This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg