



ADULT
STANDING
FRAME

USER MANUAL

Purpose of equipment

Standing frames are highly valued therapeutic equipment which should be used as part of a 24-hour positioning plan for people with physical disabilities



Regular use of a standing frame ...

- may reduce constipation (5)
- have a positive effect on breathing and their heart (cardiac and respiratory systems) (5)

The use of standing frames (4) ...

- help with **stiffness** (a temporary reduction in spasticity)
- **stretch** the user's legs (especially the calf and knee flexor muscles with prolonged use)
- help the user's bones **grow strong** (a positive effect on the bone density in the long bones of the legs as well as the spine)

For the user to experience the benefits of the standing frame, it is important to also have a 24-hour positioning plan that suits the user's specific needs, their family and their home routine.

Assembly Instructions



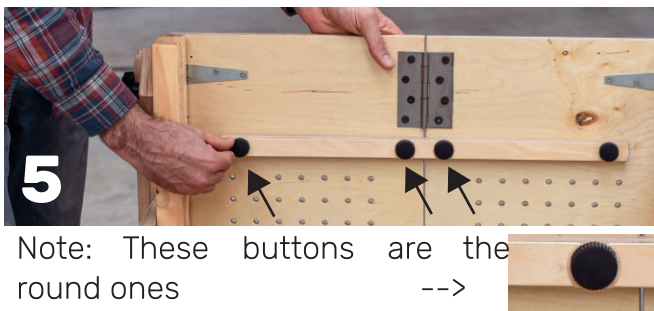
The SF will arrive in these main parts – the base, main structure, the table with support, the backrest, the knee blocks, and some loose black knob screws.



Unfold the main structure and carry it over the base and place it so that it fits over the base.



Place the safety bar horizontally across the folding front section. Screw safety bar into place using the 4 black round knobs to prevent main structure from closing.



Note: These buttons are the round ones -->



Lock the main part onto the base by screwing in the black knobs (4 on each side)



Lock the main part onto the base by screwing in the black knobs (2 on the front)



Insert the table part into the uprights on main part. Important to pull out the knob to be able to insert.

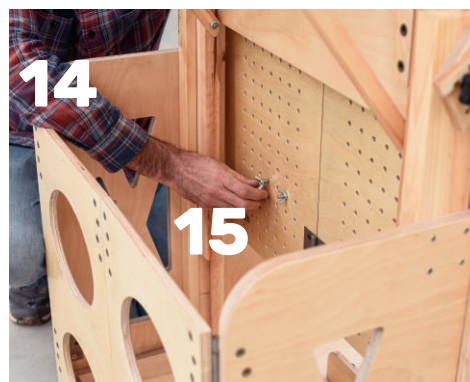


In order to be able to pull out both knobs at the same time, one of the knobs has a latch to keep the knob pulled out.

Assembly Instructions (continued)



Drop the backrest onto the main structure aligning with the locking component on the left side. (The screws for the left locking component are blue with a black middle.



This is how the knee blocks are fixed: With wingnuts from the opposite side.



Fix the right side of the backrest using the 4 blue knobs ensuring it is at the same placement either side.

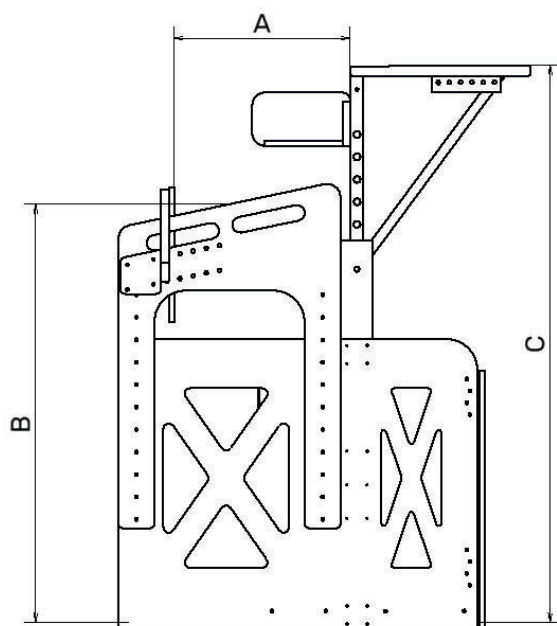


Install the two knee blocks at the desired position. The many holes allow high adjustability.



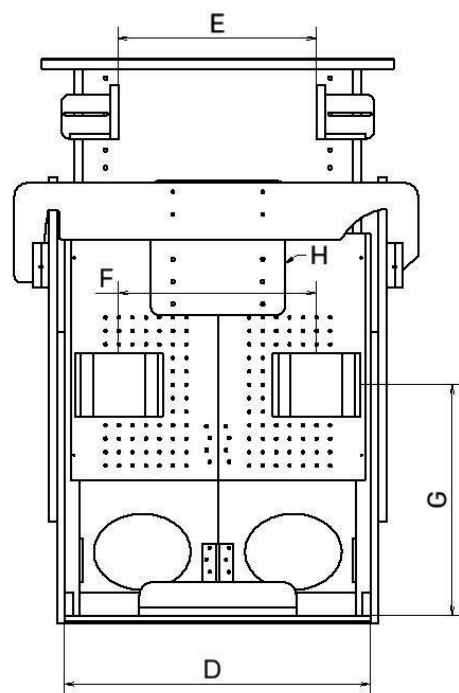
The Adult standing frame is now assembled. The frame still needs to be adjusted to the patient's size and support needs.

Size ranges on Adult standing frame

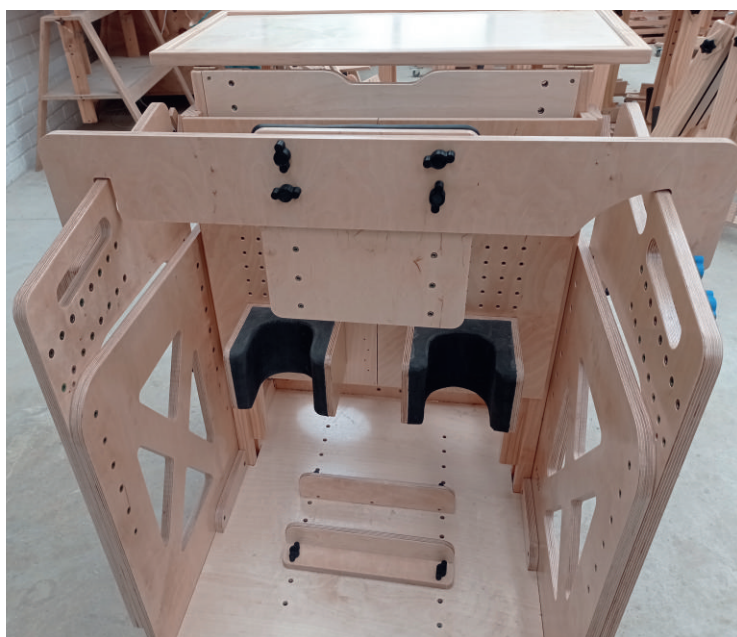


Side view

Dimension	Min	Max
A	210mm	355mm
B	730mm	1080mm
C	940mm	1540mm
D	680mm	680mm
E	260mm	440mm
F	200mm	440mm
G	330mm	660mm
H	Adjustable Range: 400mm	



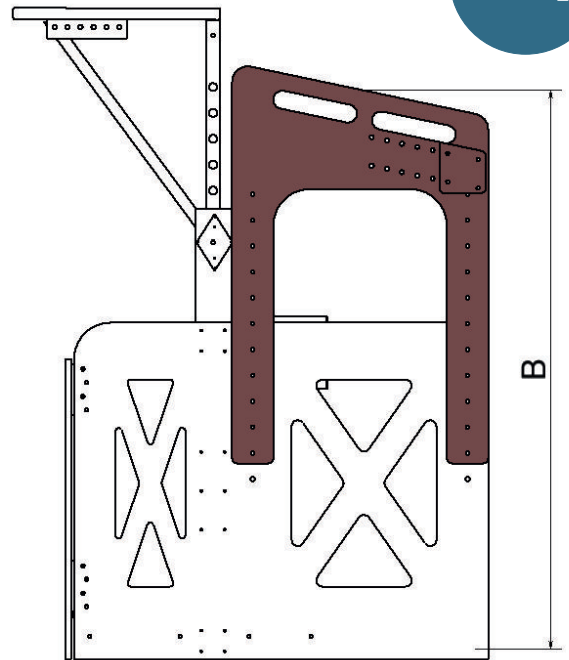
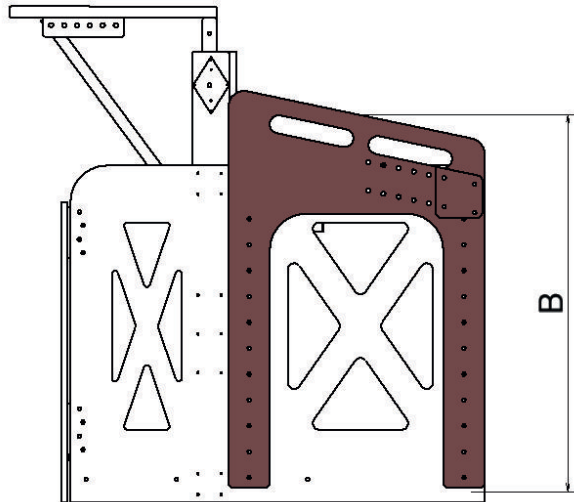
Rear view



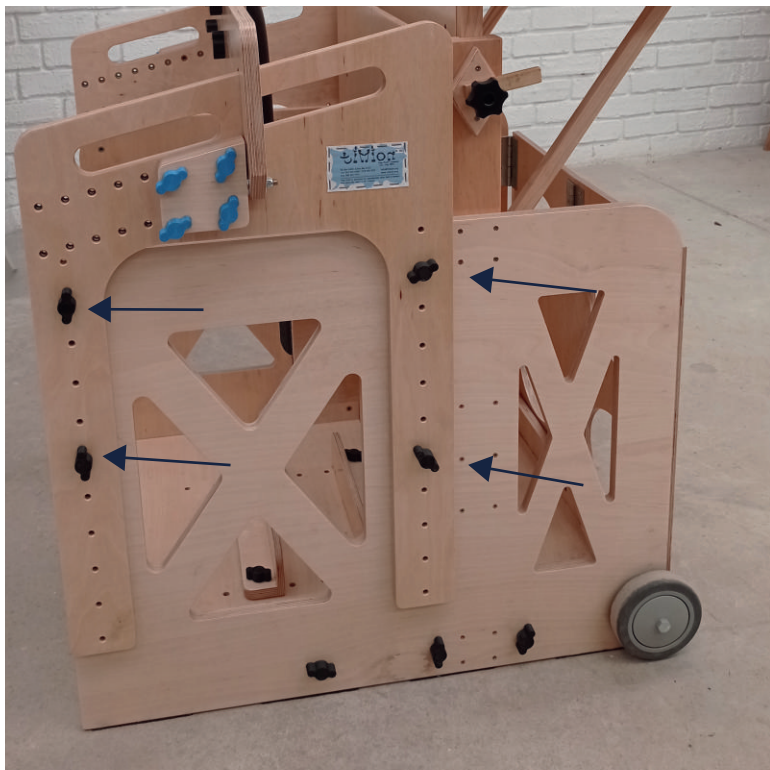
Adjustments on Adult standing frame

Armrest / Backrest Height Adjustment

1



Dimension	Min	Max
B	730mm	1080mm



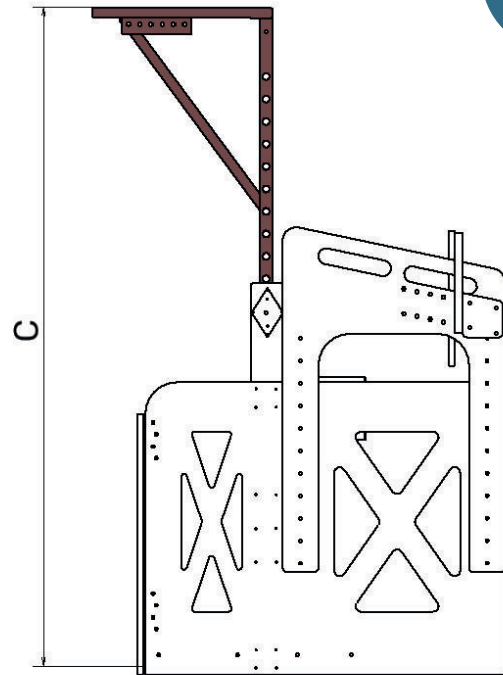
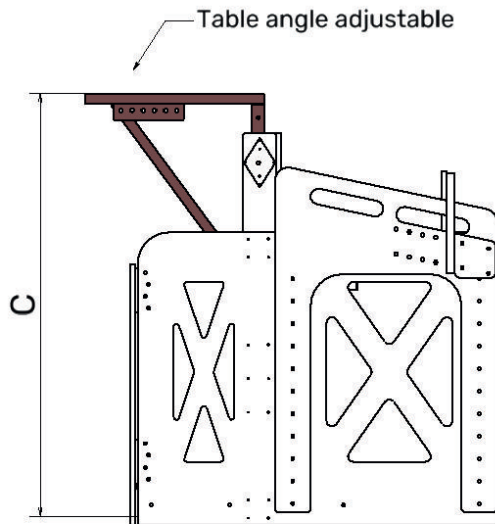
How to adjust:

Unscrew 4 black knob-screws and raise/lower armrests. Retighten knob-screws in desired position.

Adjustments on Adult standing frame

Table Height Adjustment

2



Dimension	Min	Max
C	940mm	1540mm



Table angle:

The angle of the table can be adjusted with these screws

How to adjust height of table:

Pull out knobs and raise/lower table according to desired height.



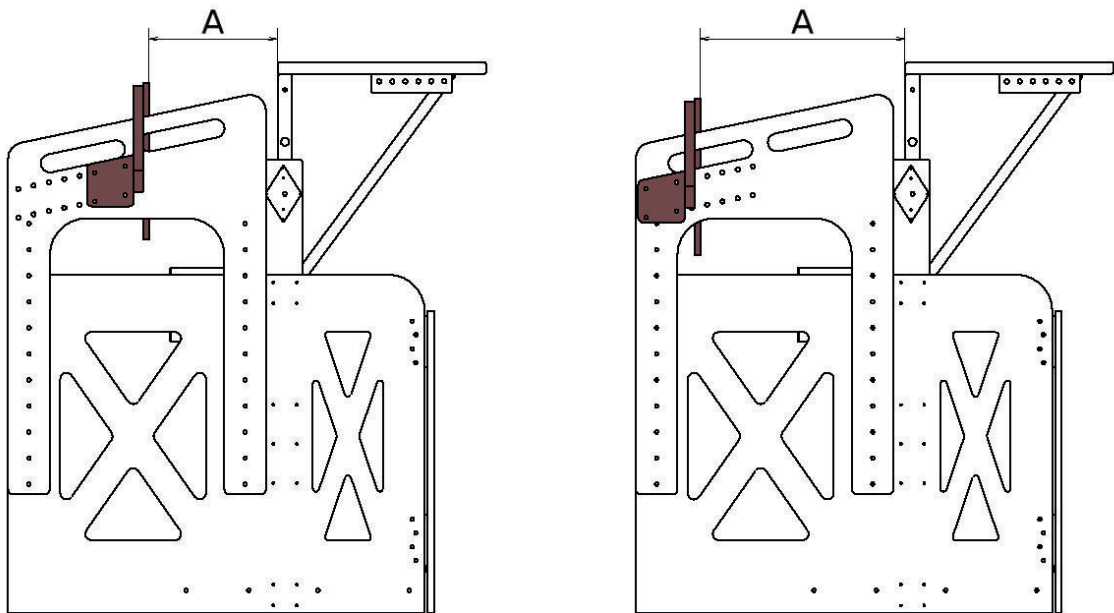
Remember:

One of the knobs can be kept in pulled position with the locking level so that you only have to pull on one side while adjusting height.

Adjustments on Adult standing frame

Backrest Depth Adjustment

3



Dimension	Min	Max
A	210mm	355mm



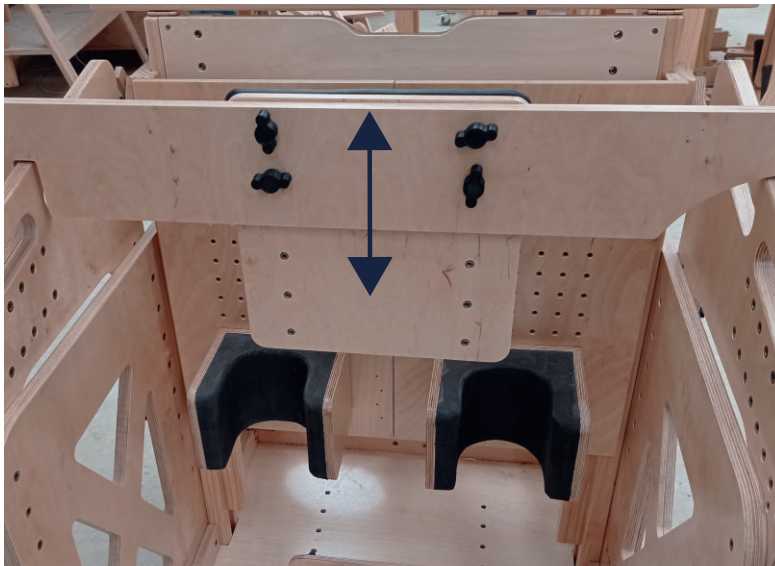
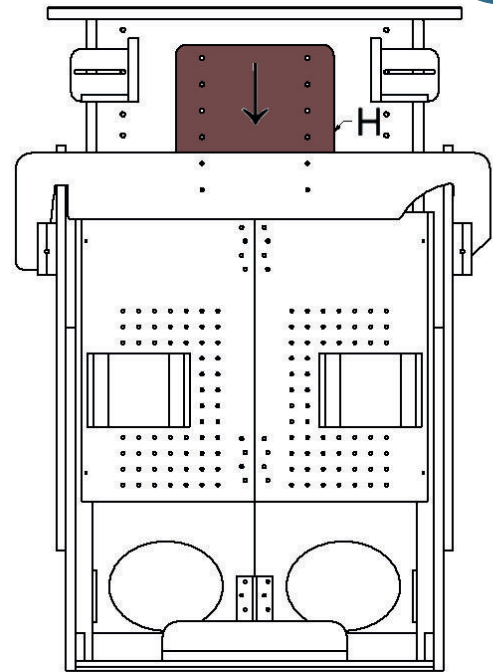
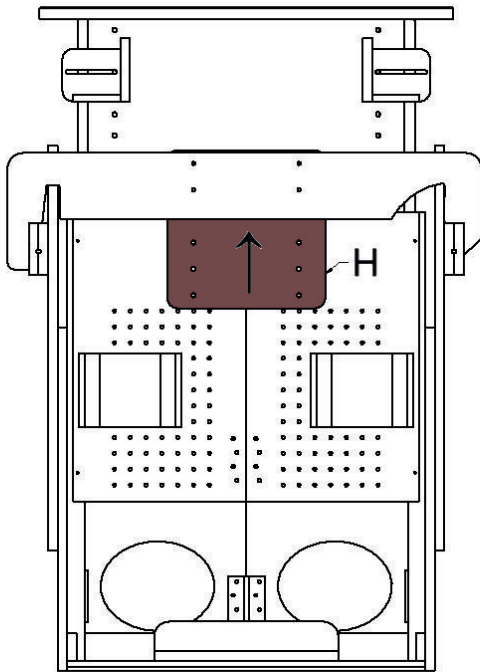
How to adjust:

Unscrew 4 blue knob-screws and move backrest forward or backwards, retighten. Make sure to use same settings on opposite side as well (backrest locking plate).

Adjustments on Adult standing frame

Backrest height adjustment

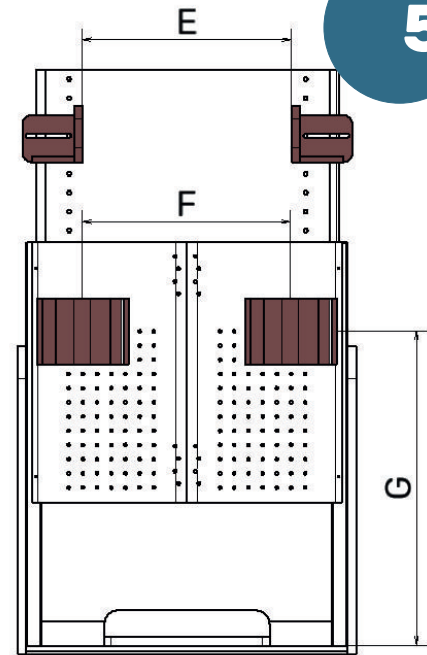
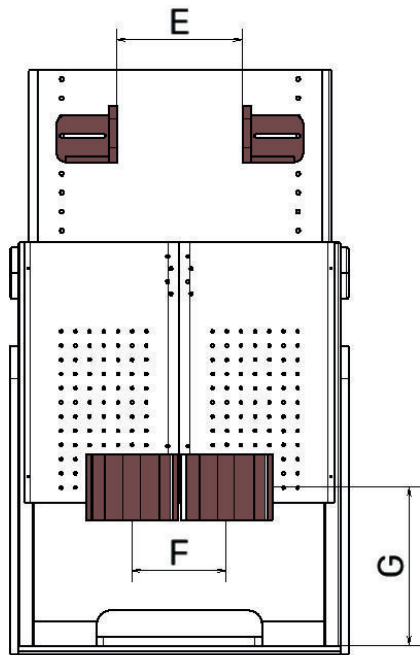
4



How to adjust:

Unscrew 4 black knob-screws and move backrest forward or backwards, retighten. Make sure to use same settings on opposite side as well (backrest locking plate).

Adjustments on Adult standing frame



Dimension	Min	Max
E	260mm	440mm
F	200mm	440mm
G	330mm	660mm



How to adjust Chest/hip side supports:

Can be adjusted for height and width.
 Height - Completely unscrew black knob and use the desired hole setting and screw back into place
 Width - Turn knob slightly to release - slide into desired position.



How to adjust knee blocks:

Knee blocks can be adjusted individually using the many holes for bolts to get through. Fix it with the wing nuts. You can raise the table to access higher positions for knee blocks.

How to use your standing frame



1

Roll patient in wheelchair into the already adjusted adult standing frame.



2

Patient to push up into standing using the armrests.



3

Patient to lift up into standing using the armrests (continued). Hands to move forward onto higher part of armrest.



4

Remove wheelchair. Close the backrest.

How to use your standing frame (continued)



Locking of backrest with wingnut.



For how long should the user stand ?



start: 5-10 min

**ADD 5 MINUTES
EVERYTIME, IF
THE PREVIOUS
SESSION WENT
WELL**

**the aim is for the
user to stand up
to 45-60
minutes, 5-7
days a week to
bring the
biggest benefits
to the patient
(6).**

Consider that in the beginning handling the user in the Standing Frame can be a bit more tiring for the user. The time it takes you to transfer the user into the Standing Frame might have to be included in the overall standing time.

Monitor the user carefully for signs of discomfort such as shortness or shallowness of breath, nausea, sweating, redness on the skin or signs of pressure and signs of pain.

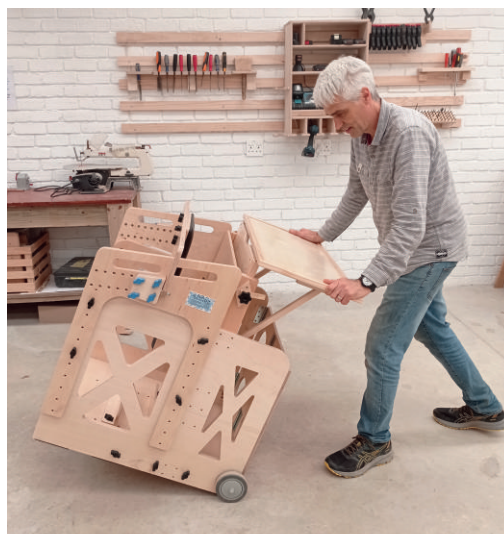
You can also let the user stand for shorter sessions (for example 15 minutes) more times per day.

Please Note: Interruption of standing routines for as little as 3-8 days can have an impact on the user. Please reintroduce the standing programme gently and again monitor the person carefully.

How to move the Adult standing frame



Support the base with your foot pulling the table top towards you. Once it is angled, the standing frame can be moved around quite easily on the wheels.



Important Info.

Our products are made from high-quality wood and the best way to care for your device is to...



Store the Timion standing frame indoors only. The SF is varnished but cannot be left outside in the sun, rain or wind.

Clean the Timion Standing Frame regularly using a soft damp cloth with mild soap and water.

Wipe away smears of saliva after each use, especially on the table.

Before every use, please check the following:

Ensure all nuts, bolts and adjustment knobs are tightened securely – failure to do so may result in parts falling off, which may cause a choking hazard or a danger to the person using the device.

Important:

Changes in settings should not be made without a therapist.

Please contact your therapist immediately, if...

the user is uncomfortable in the Adult Standing Frame,
parts are missing, or there are signs of wear and tear.

Do not put heavy objects on the table such as a TV (this is dangerous to the user as this may tip the standing frame forward).

Precautions

Never leave the user unattended whilst they're in the device.



Ensure all parts of the standing frame are attached especially when not in use as nuts and bolts can be a choking hazard.

Avoid placing it near fires and water, as the product is made of wood.

Do not use bleach or any other kind of cleaner.



Who we are

Timion NPC is a Christian humanitarian organisation based in Jeffreys Bay, South Africa.

We dedicate our work to disadvantaged children with disabilities and their families in rural areas and South African townships. We design and produce affordable but high-quality, durable assistive therapeutic equipment, and our hope is to reach as many children with disabilities as possible by making our equipment readily available to them.

We have equipped more than 1000 children so far. And in the surrounding areas of Nelson Mandela Bay and Jeffreys Bay, many families have been supported through our outreach programme with our family facilitators and therapists.

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Reference List

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4. Caulton J, Ward K, Alsop C, Dunn G, Adams J, Mughal M. cerebral palsy. Arch Dis Child. 2004;(89):131–5.
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