

# Active standing

Once the patient is able to maintain their sitting balance with minimal support and move their legs against gravity, they are ready to start attempts at standing.

Using a Standing and Raising Aid is one potential solution for those patients struggling to achieve a full standing position. It is supporting early standing activity such as standing transfers, weight bearing exercise and standing practice. As it can be used by a single person, it can also reduce the staff required for safe transfers out to the chair.



## Sara® Plus

- Can be used with patients who have a degree of sitting balance and are able to participate in therapy
- Uses a supportive sling around waist to facilitate stand
- Reduces load and requires less staff for transfer
- Footplate and knee block can also be removed to allow ambulation

This is an extract from the Arjo "Clinical Evidence Summary ICU Early Mobility Solutions" Brochure

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## Sara® Steady

As the patient continues to progress, they may be able to achieve a full standing position but not quite have the ability to take any steps. This can often be a frustrating time for the patient and place a risk for staff in any subsequent attempts at stepping to a chair. In this situation the Sara Steady is an ideal mobility solution to allow patients to stand and be transferred to a chair with minimal caregiver assistance.

- For patients able to stand with or without assistance but unable to step
- Must have good trunk stability / independent sitting balance
- Hand rail with Knee block and pelvic support
- Allows safe transfer again with reduced staff

