

# Standing as a Building Block

RYAN KANE'S STORY



Ryan Kane is like any other eight year old kid; he goes to school, plays sports and spends time with his friends and family. He just does some of these things a little differently. Ryan was born ten weeks premature and at three weeks old was diagnosed with Cerebral Palsy. His mom Luann thinks back, "At that time no one really knew exactly why it happened or if it would be severe or mild. We have been really lucky and blessed that he is high functioning. Therapy like standing helps Ryan build the strength to do the many different activities that he loves!" Ryan started standing when he was only one year old. He has grown out of the Magician-ei and now stands in a Magician Comfy.

Name: Ryan Kane

Diagnosis: Cerebral Palsy-Mild to Moderate

EasyStand Owned: EasyStand Magician Comfy & previously a Magician-ei

Standing in EasyStand Since: Age 1

Date of Onset: Birth

Age: 8 Years Old

Height: 47"



### HEAD START ON STANDING THERAPY

For Ryan and other kids like him, early intervention is very important. Starting a standing program early can really make a difference. Luann talks about how Ryan got his first stander, "Ryan started therapy when he was about six months old through the school district. When he was ready at about age one and half, they brought out a basic wood stander, one position only, that they had. It wasn't the best but worked for his small size." She remembers how they first came upon the EasyStand, "When he graduated from the birth to three program, we needed to get him his own stander. We chose the Magician-ei, because he could sit or stand in it. The stander worked well for him and helped him meet his therapy goals."

**CHALLENGE:** FIT STANDING INTO DAILY LIFE.

**SOLUTION:** MULTI-TASK BY EATING BREAKFAST, DOING HOMEWORK OR CHORES WHILE STANDING.

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### OUT-GROWING MY STANDER

Ryan's mom remembers how Ryan grew up with his EasyStand, "When we bought the Magician-ei, Ryan was just barely big enough to fit into it; so he had a lot of room to grow. He used it for about three years, the tray really worked great for him to play toys or have a snack. Ryan was about 6 years old when we realized that he was growing up and out of his Magician-ei. We purchased the next size EasyStand stander, the Magician Comfy because we knew how much we liked that he could sit or stand in an EasyStand and use the tray to do his homework."

**CHALLENGE:** KEEP MUSCLES AND BODY STRONG AND HEALTHY.

**SOLUTION:** USE THERAPIES LIKE STANDING, WALKING AND ADAPTIVE BIKING AS BUILDING BLOCKS TO A STRONGER, HEALTHIER BODY.

### RISE & SHINE, IT'S TIME TO STAND

Ryan is lucky his mom helps him fit standing into his busy day. Luann shares, "First thing in the morning he will stand in his EasyStand for 30-40 minutes, watch cartoons, and eat breakfast. It's a nice way to combine therapy, eating and TV all at the same time. You have to multi-task as much as you can." Standing before school is important because Ryan sits about 90% of the day at school. Luann explains, "He is in 3rd grade so there is not as much time to be standing and walking. With more and more academics each year, it's very important to stand at home in the morning."

**CHALLENGE:** BE INCLUDED IN FAMILY ACTIVITIES DESPITE BEING PHYSICALLY LIMITED.

**SOLUTION:** MOVE STANDER OR WHEELCHAIR TO WHERE THE ACTION IS LIKE THE KITCHEN OR DECK.



### STANDING IS FREE TIME

Luann understands that therapy can be hard work, but Ryan doesn't seem to mind. She explains, "The EasyStand is comfortable, he likes standing and doesn't argue because he knows that he gets to have fun. It is kind of his free time when he is standing." Even when Ryan is a little fatigued, his Mom keeps him on track, "Sometimes when he is too tired to walk, standing is the best thing for him. He still gets some therapy in without wearing him out too much."

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“He vacuums the house and helps me put the laundry into the washer and dryer from his powerchair or his stander.”

### BEING TALLER IS PRETTY COOL

For kids, standing is all about socializing and having fun; they don’t think about the health benefits like parents do. Luann explains, “He loves being upright at eye level with family members. He’s always smiling, happy because he can see eye to eye. He is taller, and of course, as a kid, he thinks being taller is pretty cool!” She continues, “The main purpose for standing is weight bearing, strengthening his hips, and stretching his legs. He also gets different positioning of his head; he is not always looking up at things.”

### STANDING AS A BUILDING BLOCK

Luann explains Ryan’s progress very well, “Everything starts in building blocks, goes from one step to another. Standing therapy was one of the first things he did for weight bearing. From there he went to a walker, gait trainer, and a special needs bike. Anything to help strengthen his legs and keep him healthy is very important.” Ryan has really come a long way. Luann reflects, “The stander also helps him build his upper body strength and muscles in the trunk. Just this summer Ryan started going from his hands and knees to sitting up independently!”

### OUT & ABOUT WITH THE FAMILY

In Ryan’s case, standing helps him to interact with his family. Luann explains, “We do anything we can to include him in family activities. We take his EasyStand to the garage or out on the deck so he can watch daddy grill.” She continues, “The wheels really make it handy to move from one point to the next. He is able to stand up to socialize and be part of the family.”

### MOM’S LITTLE HELPER

“He is my little helper. In the kitchen he uses his EasyStand to help cook the family breakfast, he likes flipping the pancakes! While in his stander, he is looking above the cupboards instead of below them so there are lots of neat things he can help with.” Luann appreciates his help with the cooking and keeps him busy around the rest of the house too, “He vacuums the house and helps me put the laundry into the washer and dryer from his powerchair or his stander.”

### HOME THAT PROMOTES INDEPENDENCE

Ryan’s family used to live in a split level house, now their new home is a rambler and it is much more accessible. Luann tells us a few changes that they made, “We widened some of the door ways so that he can get through easily. He has a built-in desk that he can pull up to in his chair and do his reading, math, and spelling.” Ryan can reach the door and light switches and his garage has a ramp that he uses to get outside. Luann adds, “Ryan can independently come out for school in the morning, he drives down the ramp, he gets on the bus, and away he goes!”

**TRANSFER METHOD:**  
STANDING PIVOT TRANSFER

**EQUIPMENT:**  
STANDING FRAME  
WALKER  
ADAPTIVE BIKE  
POWERCHAIR

**STANDING PROGRAM:**  
30-45 MINUTES  
5-7 DAYS A WEEK  
USUALLY IN THE MORNING

**SPORTS:**  
SWIMMING  
HORSEBACK RIDING  
SOFTBALL  
WATER & SNOW SKIING  
BOWLING  
SLED HOCKEY

**STANDING ACTIVITIES:**  
COOKING  
WATCHING TV  
EATING BREAKFAST  
PLAYING  
MAKING COFFEE  
SPENDING TIME WITH FAMILY



“Step by step, therapy like standing, walking and bike riding all work together to build Ryan’s strength for his favorite activities.”



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### SIT TO STAND & FUNDING

Funding can be a struggle, but Ryan’s family took all the right steps and got both of his standers covered by insurance. Luann says, “We really had no problem getting the standers approved, the Magician works well for insurance purposes because it is sit to stand.” She goes into more detail, “Ryan’s physical therapist wrote a letter of medical necessity, our personal insurance covered most of the cost and the state insurance program covered the rest. They realized that medically it really does a lot for him.”

### PHOTO SHOOT IN NEW BANTAM

Ryan recently did a photo shoot in the new pediatric stander from EasyStand called the Bantam. Luann comments after standing Ryan in the Bantam, “The new features are helpful in getting him in and out of the stander. It stands him up so nice and straight, and moves smoothly from room to room. It has a nice big tray that’s easily accessible when either standing or sitting, which is a neat idea.” Ryan had a great time trying out the new EasyStand Bantam stander, and we really enjoyed meeting Ryan and his family.

### BUILDING UP TO FUN

Ryan’s standing program and other therapies keep him strong to do the activities he loves. Luann cannot stress enough the importance of a solid home therapy program. The few hours a week with a professional therapist can provide direction and support but carry through at home has been key to Ryan’s success. “Each year, each day is a building block and standing is a part of that strength building.” Luann explains, “Step by step, therapy like standing, walking and bike riding all work together to build Ryan’s strength for his favorite activities like: swimming, horseback riding, softball, adaptive water skiing/snow skiing, bowling and sled hockey.” Luann takes pride in getting Ryan involved, “We try to do all we can with Ryan and get him as much exposure as possible. Even when he is standing we are always moving him around so he can interact with people and still get his standing time in.”

### FAITH IN GOD

Our faith in God has pulled us through these past eight years. We trust in Him to lead us to the right people, equipment and direction that will be best for Ryan. There are many unique challenges to raising a child with a physical disability but God’s love and guidance gets us through one day at a time.

