

Assessment of infant standing with support

Name		
Date of Birth		
Date of assessment	1	2
Age at assessment	1	2

Standing with chest high support

Let the infant stand facing a chest-high support surface, with hands on the support surface to help maintain balance and provide support as needed.

Provide stand-by support in case the infant loses balance and falls.



Upper extremity (UE) support			
Lightly touches the support surface with one or both hands.			
Leans on one or both forearms			
Trunk alignment			
Trunk erect, held away from the support surface			
Leans forwards and rests trunk against the support surface			
Rests chest on support surface			
LE alignment	Right	Left	
Hips in 0-10 ⁰ abduction – feet more or less hip width apart			
Hips abducted > 10 degrees – feet wide apart.			
Hips extended – trunk erect			
Hips in some extension – trunk tilted forwards			

	Right	Left	
Knees extended – small range of knee flexion with reaching			
Knees flexed > 5-10 degrees most of the time			
Feet rotated 5-10 degrees laterally			
Feet rotated > 10 degrees laterally			
Feet rotated medially.			
Notes			
Ankle and foot alignment	Right	Left	
Ankles in 90 ⁰ dorsiflex			
Ankle dorsiflexed > 100 ⁰			
Ankles < 90 degrees dorsiflexion – some plantar flexion – lifts heels off supporting surface			
Even lateral weight distribution over hind foot			
Talus vertically aligned			
Even lateral weight distribution over forefoot			
Weight carried over the medial border of the feet.			
Notes			

Reaching sideways	Right	Left	
Reaches to toy within arm's reach Adapts trunk and limb alignment to maintain balance and provide a stable BOS			
Reaches sideways to toy just out of reach Adapts trunk alignment and weight distribution to provide stable BOS			
Takes a step to reach for a toy that is just out of reach			

Reaching upwards	Right	Left	
Looks up and reaches for a toy presented slightly forwards of, and above the head. Adapts alignment of trunk and distribution of weight to provide stable BOS			
Reaching backwards			
Reaches backwards to retrieve a toy Adapts alignment to maintain balance and provide stable BOS			
Reaches down to a toy presented at knee height			
Bends trunk forwards to reach a toy presented at knee height. Knees bend a little or not at all			
Bends knees and keeps trunk more or less erect			
Reaches down to pick up a toy on the floor			
Bends knees and tilts trunk forwards to reach for a toy on the floor.			

Sitting down with intention or falling over			
Flexes hips and knees, squats and sits down			
Fall backwards with good control and lands on buttocks in sitting.			
Falls over backwards, or to the side, without bending the hips and knees.			
Floor sitting to stand transition			
Moves through half kneeling to standing, pulling up using hands			
Moves through half kneeling using hands mainly for balancing			
Moves onto knees, then pulls up with arms and extends hips and knees.			