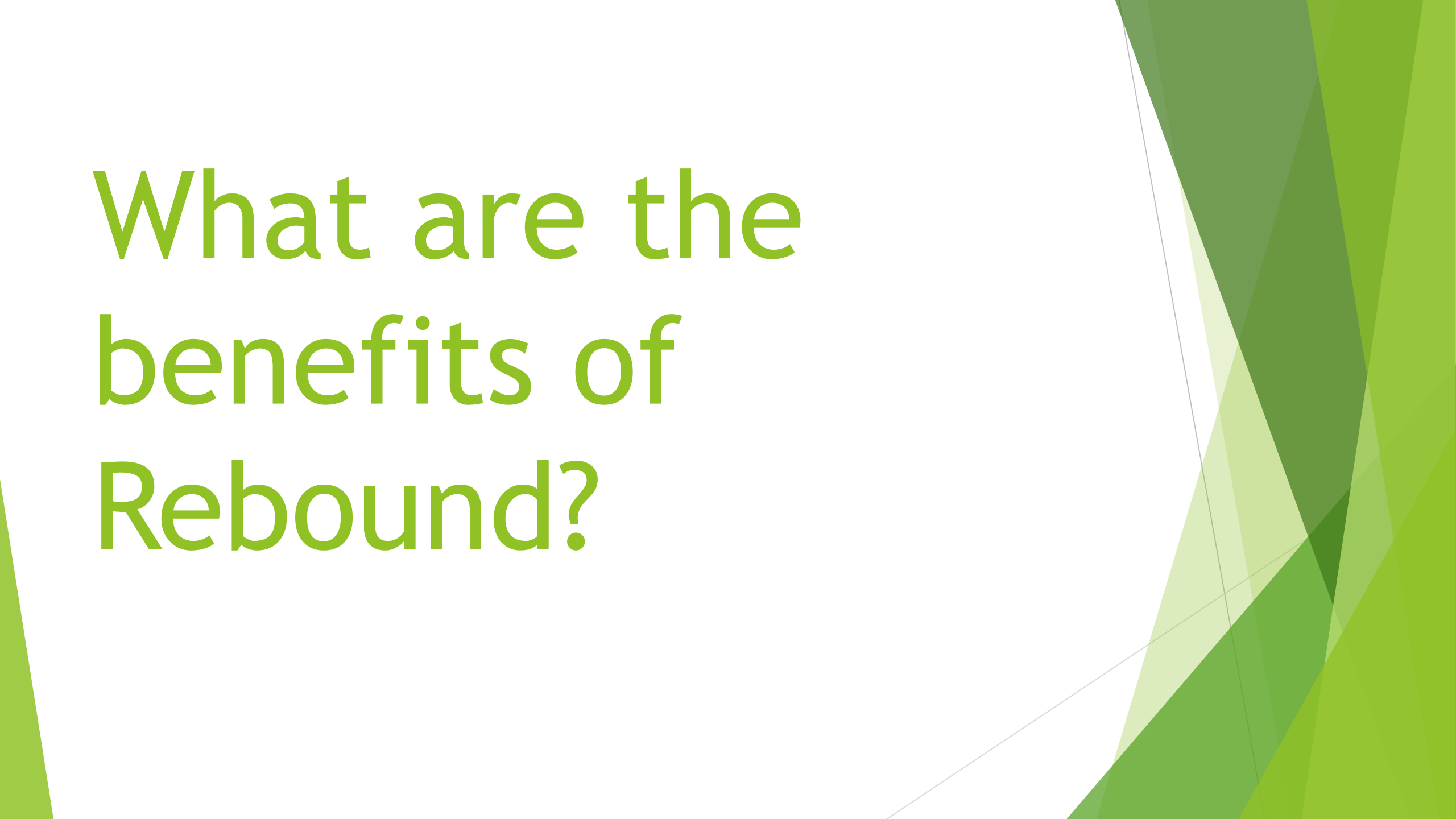


Rebound Therapy

What is Rebound Therapy?

► <https://vimeo.com/292383728>

What are the
benefits of
Rebound?



There are lots of different benefits that can be achieved through Rebound Therapy sessions.

Not only is it great fun and exercise, it also develops and encourages:

- Strength of Limbs
- Co-ordination
- Balance
- Muscle Tone
- Spatial Awareness
- Body Awareness
- Reaction Speed
- Freedom of Movement
- Communication: Speaking, Listening, Signing, Following Instructions, Vocalising...
- Relaxation
- Stimulation of Digestive System
- Improved Bowel Function
- Internal Organ Massage
- Clears Toxins from the Body.

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

Some Short Clips of Rebound Therapy at Doubletrees

























Who is Safe to Rebound?

Before you can Rebound, a medical questionnaire will need to be completed by parents or carers.

- ▶ The following slide shows the questionnaire which lists a variety of conditions. If your learner has none of these then they are safe to partake in Rebound.
- ▶ If your learner has any of the conditions in red ink, they are unable to join in Rebound Therapy as it would be unsafe to do so.
- ▶ If your learner has any of the conditions listed in black, they are able to Rebound with written medical consent to say that they are safe to do so and any cautions will be added to their safety plan.
- ▶ Learners with complex or challenging behaviour will need an individual risk assessment or details adding to their individual safety plan.

Does your child have any of the following:	Yes	No	Does your child have any of the following:	Yes	No
Spinal Rodding			Cystic Fibrosis		
Dwarfism			Muscular Dystrophy		
Brittle Bones			Spina Bifida Or Hydrocephalus		
Atlanto-Axial Instability (confirmed)			Changeable Muscle Tone		
Detaching Retina(s) or Repaired Retina(s)			Dislocated Hip(s) or Other Joint Problems		
VNS			Vertigo, Blackouts, Nausea		
Fully Detached Retina(s)- No sight in that eye(s)			Hernia/Prolapsed		
Osteoporosis			Open Wounds		
Haemophilia			Gastrostomy		
Cardiac or Circulatory Problems			Incontinence		
Epilepsy (Please state if requires emergency meds)			Recent Serious Illness/Surgery		
Arthritis or stills Disease			Tender/Fragile Skin		
Asthma or Respiratory Problems			Tracheostomy		
Implant (eg Baclofen Pump/Cochlear etc)			Complex Challenging Behaviour		

Assessment and Awards

Rebound Therapy

- Grades 1-3
- Suitable for Learners with Profound and Complex Needs
- Awards and Certificates are available for completed levels.

Rebound Plus

- Grades 3-8
- Suitable for learners able to start transitioning into mainstream trampoline exercises.

Medical Questionnaires
are available from
school if you would like
your child to be
assessed for Rebound
Therapy.