

Contra-indications for Flexi-bounce Therapy, Rebound Therapy and trampolining

'ReboundTherapy.org' advise six **absolute** contra-indications (exclusions)

They are:

Pregnancy

Detaching Retina

Confirmed Atlanto Axial Instability

Rodded back

Brittle bones

Dwarfism

There are also a number of other conditions which are contra-indicated for trampolining, rebounding and Rebound Therapy and it is necessary for the coach to have a knowledge of disabilities and precautions which should be taken to minimise risk.