Winstreda Rebound Exercises Grade 1 – Section E  HFI Notes

Exercise 21 – Standing in stillness with feet flat on bed

0 No standing balance - Afraid or unable to stand even with full support of two carers.
1 Can stand with support of two carers.
2 Can stand with support of one carer
3 Can stand with minimal support - Requires carer for reassurance or minimal support only to stand.
4 Independent standing - Can stand on trampoline bed fully unaided.

Exercise 22 – Standing position – maintains shape while being gently bounced

0 No standing balance when bed is moved - Afraid or unable to stand even with full support of two carers if there is any movement of the bed.
1 Standing with full assistance of 2 - After some time managing to stand with two carers providing full support, can only tolerate very slight movement of the bed.
2 Standing with full assistance of 1 - With full support of one carer, can maintain balance during low gentle bouncing.
3 Standing with minimal assistance of 1 - Some physical but mainly verbal assistance from the carer, maintains balance during gentle bouncing only.
4 Independent standing - Can stand and maintain shape and balance during gentle bouncing.

Exercise 23 – Standing position – initiate bounce (bobble)

0 No bouncing - Can stand on the trampoline but unable or refuses to bounce even with full support of two carers. Keeps legs straight and doesn’t bend knees.
1 Occasional bouncing with support of 2 - At times will bend knees under instruction and initiate the bouncing. Not consistent.
2 Bouncing with support of 1 - Only requires one carer to support and will initiate the bouncing, using the carer for reassurance and assistance.
3 Bouncing with light support of 1 - Just requiring prompting and light support.
4 Independently bouncing unsupported - Carers are not required to assist at all.

Exercise 24 – Standing position – swimming arms to initiate movement

0 No movement - Can stand on the trampoline but unable or refuses to swim arms even with full support of two carers.
1 Recognisable attempt with support of 2 - At times will swim arms and initiate movement. Not consistent.
2 Can initiate movement with support of 1 - Only requires one carer to support and will swim arms to initiate the bouncing, using the carer for reassurance and assistance.
3 Can perform exercise independently for short periods - Just requiring prompting and light support from carers.
4 Independently swimming arms and maintaining rhythmic movement - Carers are not required to assist at all.

Exercise 25 – Standing position – hang and bounce

0 No attempt to lift arms above head and bounce - Refuses or is unable to lift arms above head while bouncing, even with support of two carers.
1 Recognisable attempt with support of 2 - At times will lift arms and initiate bouncing. Not consistent.
2 Attempts exercise with support of 1 - Only requires one carer to support and will lift arms above head and bounce for short periods, using the carer for reassurance and assistance.
3 Can perform exercise independently for short periods - Just requiring prompting and light support from carers.
4 Can independently hang and bounce - No assistance needed from carers, can hang and bounce and sustain the exercise as required.

Exercise 26 – Standing position – pogo in centre

0 No attempt to keep arms by side and bounce - Refuses or is unable to keep arms still while bouncing, even with support of two carers.
1 Recognisable attempt with support of 2 - At times will keep arms by side and initiate bouncing. Not consistent.
2 Attempts exercise with support of 1 - Only requires one carer to support and will keep arms by side and bounce for short periods, using the carer for reassurance and assistance.
3 Can perform exercise independently for short periods - Just requiring prompting and light support from carers.
4 Can perform pogo bounce independently - No assistance needed from carers, can keep arms still and by the sides while bouncing and can sustain the exercise as required.

Exercise 27 – Standing position – bounce and stop - stillness

0 Bounces but cannot stop when requested - Is able to bounce but refuses or is unable to stop bouncing when requested to do so, even with support of carer.
1 Will occasionally stop when required with full support of carer - With support will bounce and sometimes make a recognisable attempt to stop when requested. Not able to remain in stillness.
2 Without support, will usually stop when requested - Can stop when requested without physical assistance but unable to remain in stillness.
3 Will stop when requested and sometimes attempts to remain in stillness
4 Can bounce, stop and remain still as required - Has full control over the exercise; is fully able to bounce and then stop when requested to do so and remain still for a period of 3 seconds.

Exercise 28 – Climb onto trampoline, locate centre of bed and climb off again safely

0 Requires hoisting - Unable to or unsafe to get on and off the trampoline without the use of a hoist and sling.
1 Requiring the assistance of 2 - A person requiring the assistance of two care staff to move and facilitate them onto the trampoline.
2 Requiring the assistance of 1 - A person requiring the assistance of one care staff to move and facilitate them onto the trampoline.
3 Requiring the guidance of 1 - A person not requiring physical assistance but needing verbal direction to safely get on/off the trampoline.
4 Independent under close supervision - Not requiring any physical or verbal assistance to get on, locate centre and get off the trampoline. Closely supervised for safety reasons.

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Badge and certificate awards are available for these grades. To download an order form or order online, please visit www.Winstrada.com

**REBOUND EXERCISES**

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**Winstrada PROFICIENCY GRADE 2**

Suggested minimum requirements to complete the grade: at least two passes from at least four of the five sections. All movements may be performed with support as necessary.

**OR**

To accurately measure outcomes for Rebound Therapy, this scheme can be used with the Huddersfield Functional Index. A minimum HFI score of 32 is recommended to complete the grade.

**SECTION A**

1. Sitting position with hand support – pop to stand – stillness
2. Sitting position – pop to stand – stillness (support on landing if necessary)
3. Sitting position – pop to stand with eyes closed
4. Sitting position – bounce and tweak
5. Sitting position – bounce and tweak with swimming arms
6. Quarter turns in sitting position

HFI Total for Section A (if used)