

Glossary

BED	The surface of the trampoline for work, i.e. mesh or webbing
BOUNCE	Movement initiated in any position where effect results in motion upwards
CRADLING	Support position given in sitting or lying, giving maximum support to student
DAMPING THE BED	Absorbing the energy of the bed to stillness
DISMOUNTING	Safe ways to leave the trampoline surface
ENGINE	The person(s) providing the energy for movement whilst support is provided
HANGING	A position whilst bouncing in the upright position with arms above the head, still, and remaining still on landing
HIGH KNEELING	Position on bed which shows right angle at knees - remainder of body upright
KIPPING	Operator presses bed at a precise moment, just before student lands, thereby providing a controlled lift to student
LONG SITTING	Position on bed in sitting, legs straight, arms straight in support on bed, upper body upright. Head in mid-line
MOUNTING	Safe entry onto bed - care on edges
POGO	Controlled bouncing, arms held by sides, legs together, secure landing each bounce
POPPING	Gentle, supported kipping (see kipping)
SPOTTING	Good practice all around the trampoline. Tracking the movements of persons on bed and being able to support/assist
SYNCHRONICITY	Movement as a whole - in concert - in harmony. The elements of movement coming together in time

The Rebound Therapy programme has been further developed and refined over the years by myself and my team and has now grown into a worldwide movement.

ReboundTherapy.org are the official UK body and international consultancy. They are responsible for the development and provision of certificated staff training courses for schools, clubs and centres throughout the UK. They also run courses and training programmes across the world.

The courses have received approved status from the Professional Development Board for Physical Education - a division of AfPE; the Association for Physical Education.

For further information on arranging a training course, visit www.ReboundTherapy.org or email: info@reboundtherapy.org or telephone +44 (0) 1342 870543.

E.G. Anderson

Introduction

This book is the result of collaboration between Richard Watterston who designed the original concept of HFI, and Paul V Kaye who, with the help and support of Eddy Anderson - the founder of Rebound Therapy, developed grades 1, 2 and 3 of the Winstrada Rebound development and award programme.

This book contains all the documentation required to enable trainers working with people with profound and complex needs to accurately measure and record the outcomes of their Rebound Therapy sessions.

This is facilitated by bringing the two concepts of the Winstrada development programme and the Huddersfield Functional Index (HFI) together (when appropriate to do so).

Richard Watterston's original HFI design was piloted and developed in Huddersfield, West Yorkshire. His original concept was born out of the frustrations for the lack of evidence available to support Rebound Therapy and the lack of scientific clinical outcome measures.

In the present climate, health and social care services need to demonstrate their effectiveness and efficiency in their interventions. Rebound Therapy is a common intervention for clients with a wide range of learning and physical disabilities and as a result needs to be carefully monitored.

In this book, the original indicators have been greatly expanded and developed. This book should give Rebound Therapy trainers the required theory and practical knowledge to use HFI with grades 1, 2 and 3 of the Winstrada trampoline development scheme which forms the basis of much of the Rebound Therapy training course and which most Rebound Therapy practitioners use in their sessions.

Grades 1, 2 and 3 of the Winstrada scheme are based on the Rebound Therapy training course, so all who have successfully completed the training course will be fully conversant with all the exercises in the scheme.

Grade 3 covers the transition stage between Rebound Therapy and disability trampolining. In grade 3 we start to introduce more precision, control and put together a sequence of three basic elements.

The Winstrada development and award scheme.

This is a progressive development scheme which is widely used in the UK and in many other countries. It encompasses all levels of trampolining from Rebound Therapy through to fairly advanced skills.

As previously stated, the first three grades of the Winstrada trampoline scheme are based on the Rebound Therapy training course and provide a clear, logical and progressive programme for students' development, as well as providing a fun and exciting programme.