



The previous pages shows the traditional method of use for the Winstrada scheme, which is recommended for grades 4 and above and can be used for grades 1, 2 and 3 if preferred as previously explained.

Now we will concentrate on the Huddersfield Functional Index, or HFI for short.

The rest of this book is concerned with using the Huddersfield Functional Index with Winstrada as a means of accurately measuring the outcomes of Rebound Therapy, and with the Flexi-Bounce development scheme for Flexi-Bounce Therapy, when used as an intervention for those with more profound or complex needs. The following pages detail the HFI scheme and its method of use in detail.

## **The original pilot study for HFI**

Investigating the use of Rebound Therapy for clients with a learning disability

By R. Watterston and M. Delahunty

Five clients with a learning disability and some form of physical handicap were used in the original pilot group to investigate potential health gains during a course of Rebound Therapy. The rebound sessions were conducted weekly and each client spent approximately 15 minutes on the trampoline. The sessions were conducted over an 18-month period, beginning with a physiotherapy assessment and ending in a re-assessment. Function was assessed using five measured activities: - transfers on and off the trampoline; sitting balance on the trampoline; kneeling balance on the trampoline; standing balance on the trampoline; and initiating bouncing. Each of the five activities was scored out of a maximum of 4. The scores were then combined giving a functional index score out of 20. Each client had specific functional goals highlighted at the initial assessment and these were concentrated on during the rebound session. The functional index score was calculated before the trial and at the end of the trial and an increase was found from a group mean of 35% to 76%.

The conclusions of the original pilot study were that the results suggest that Rebound Therapy is potentially an effective means of improving physical ability and function, providing the clients' specific weaknesses are highlighted and concentrated upon during the sessions.

It also concluded that the original functional index gave the instructors a means of recording progress and setting goals, but it needed expanding in order to avoid a potential ceiling or flooring effect.

This is what the remainder of this book sets out to do. HFI has been greatly expanded to incorporate grades 1, 2 and 3 of the Winstrada trampoline development scheme which is based on the Rebound Therapy training course and with which all qualified RT trainers should be familiar.

The full original pilot study details and results can be seen in the book; 'Huddersfield Functional Index' by Richard Watterston and published by Huddersfield NHS Trust 2001.