



## **Rebound Therapy Outcome Measures Toolkit**

### Method of Use

Examples of how HFI is used with the Winstrada scheme are shown on the following pages.

You will see that each student has a complete set of record sheets to him or herself. The trainer will decide on which exercises will be used for the measuring of outcomes for the next few weeks and the exercise numbers and the date of the session are written in the vertical boxes.

The number of exercises the student works on will be the decision of the trainer. For the examples on the following pages we have chosen 5 exercises for the student to be measured on and these have been chosen from the different sections within the grade.

At the end of the session, the HFI indicator number is written in the box next to the relevant exercise description. The HFI score for each section is totalled, then the total of all the sections are written in the box on the last page of the grade sheets.

This 'total of all sections' figure is used to plot the line on the graph. Using this graph will enable you to have a quick visual record of week to week progress.

When a student has successfully scored a 4 in an exercise for, say three consecutive sessions (you may decide two or four consecutive sessions would be more appropriate), it can be decided that he or she has completed that exercise and a line can be drawn horizontally across the page next to the exercise description. A new exercise should be added to the programme at this stage.

It may be that your students will never achieve a score of 4 on some exercises, in which case you would draw the line across the page when you feel that they have got as far as they can for the time being. You would then introduce a new exercise.

**When calculating the HFI score, the line should be counted as whatever the final score was for that exercise.** This enables the graph to show progress as an ascending line.

N.B. The exercises in this book should only be taught by a trainer who has completed a Rebound Therapy course run or approved by 'Rebound Therapy.org'

**A video tutorial for the Huddersfield Functional Index can be viewed at:**  
<https://vimeo.com/189366198>

SESSION DATES	EXERCISES CHOSEN FOR SESSIONS	REBOUND EXERCISES	SECTION A	HFI Total for Section A (if used)
22/4/19	1, 6, 11, 15			4
27/4/19	1, 6, 11, 16			4
6/5/19	2, 6, 11, 16		* —————	6
13/5/19	2, 6, 11, 16			6
20/5/19	2, 7, 11, 16			7
27/5/19	2, 7, 11, 16			7
3/6/19	2, 7, 11, 16			7
10/6/19	2, 7, 12, 16			8
17/6/19	2, 7, 12, 17			8
24/6/19	2, 7, 12, 17			8
1/7/19	4, 8, 12, 17			8
8/7/19	4, 8, 12, 17		0 1 1 2	9
15/7/19	4, 8, 13, 17			9
22/7/19	4, 8, 13, 17			10

Badge and certificate awards are available for these grades. To download an order form or order online, please visit [www.Winstrada.com](http://www.Winstrada.com)

## REBOUND EXERCISES

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### Winstrada PROFICIENCY GRADE 1

Suggested minimum requirements to complete the grade: at least two 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

- Lies or sits on soft object e.g. beanbag
- Enjoys being bounced while lying or sitting on beanbag
- Enjoys movement with parachute
- Enjoys rocking motion of bed when lying down
- Being bounced in back lying position – maintains shape

\* Remember; line indicates exercise finished and is counted as whatever the final score was for that exercise.