

Indicators cross referenced page-to page with Winstrada client record sheets

These sheets can be downloaded from: www.reboundtherapy.org/hfi

Winstrada Rebound Exercises Grade 1 – Section A HFI Notes

Exercise 1 - Lies or sits on soft object e.g. beanbag

- 0 **Unable to sit or lie** - Agitated and will not sit or lie or unable to adjust to surroundings.
- 1 **Will sit or lie for short periods (e.g. one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily sit or lie for <1 min but soon gets back up or gets distracted / agitated easily.
- 2 **Sitting or lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie or sit and relax, not always distracted but can be.
- 3 **Lying or sitting for > 2 mins, infrequently distracted** - Frequently sitting / lying and relaxing but unable to consistently sit / lie for longer periods due to distractions or agitations.
- 4 **Will easily sit / lie, completely relaxed** - Able to sit / lie and relax and sustain this throughout acceptable distractions, doesn't become agitated.

Exercise 2 - Enjoys being bounced while lying or sitting on beanbag

- 0 **Unable to sit or lie** - Agitated and will not sit or lie or unable to adjust to surroundings.
- 1 **Will sit or lie for short periods (e.g. one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily sit or lie for <1 min but soon gets back up or gets distracted / agitated easily.
- 2 **Sitting or lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie or sit and relax, not always distracted but can be.
- 3 **Lying or sitting for > 2 mins, infrequently distracted** - Frequently sitting / lying and relaxing but unable to consistently sit / lie for longer periods due to distractions or agitations.
- 4 **Will easily sit / lie, completely relaxed** - Able to sit / lie and relax and sustain this throughout acceptable distractions, doesn't become agitated.

Exercise 3 - Enjoys movement with parachute

- 0 **Unable to relax** - Agitated and will not lie or unable to adjust to surroundings.
- 1 **Will lie and relax for short periods (e.g. one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie and relax for <1 min but soon gets distracted / agitated easily.
- 2 **Lying and relaxing for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie and relax, not always distracted but can be.
- 3 **Lying and relaxing for > 2 mins, infrequently distracted** - Lying and relaxing for longer periods but unable to consistently maintain this for longer periods due to distractions or agitations.
- 4 **Will easily lie, completely relaxed** - Able to lie and relax and sustain this throughout acceptable distractions, doesn't become agitated and enjoys the movement with the parachute.

Exercise 4 - Enjoys rocking motion of bed when lying down

- 0 **Unable to relax** - Agitated and will not lie or unable to adjust to surroundings.
- 1 **Will lie and relax for short periods (e.g. one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie and relax for <1 min but soon gets distracted / agitated easily.
- 2 **Lying and relaxing for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie and relax, not always distracted but can be.
- 3 **Lying and relaxing for > 2 mins, infrequently distracted** - Lying and relaxing for longer periods but unable to consistently maintain this for longer periods due to distractions or agitations.
- 4 **Will easily lie, completely relaxed** - Able to lie and relax and sustain this throughout acceptable distractions, doesn't become agitated and enjoys the movement of the bed.

Exercise 5 - Being bounced in back lying position – maintains shape

- 0 **Unable to lie still** - Agitated and will not lie still or unable to adjust to surroundings.
- 1 **Will lie and keep still for short periods (e.g. one minute) but becomes agitated and / or distracted when gently bounced** - After persuasion and with assistance will temporarily lie and keep still for <1 min but movement of the bed causes student to become distracted / agitated easily.
- 2 **Lying and keeping still for longer periods (>1 min < 2 mins), movement tolerated, distraction and / or agitation reducing** - With assistance will lie and keep still and tolerate gentle bouncing. Not always distracted but can be.
- 3 **Lying and keeping still for > 2 mins, no objection to movement of bed, infrequently distracted** - Lying and keeping still for longer periods but unable to consistently maintain this for longer periods due to distractions or agitations.
- 4 **Will easily lie and maintain body shape while being gently bounced** - Able to lie, keep still and maintain body shape while being gently bounced and sustain this throughout acceptable distractions. Doesn't become agitated and enjoys the exercise.

