

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 2 – Section A HFI Notes

Exercise 1 - Sitting position with hand support – pop to stand - stillness

- 0 **Supported popping in long sitting, unable to land on feet** - Sitting independently can be popped into the air with both hands supported. Lacks balance and doesn't make any attempt to stand.
- 1 **Can be popped into a two-hand supported standing position** - Whilst being popped into the air, with carer supporting both hands, is able to straighten legs and land on feet, but not remain in standing position.
- 2 **Can be popped into standing, continues bouncing** - Carer providing two-hand support, is able to be popped to stand but not stop and stay still as required.
- 3 **Can be popped to stand giving one-hand support, continues bouncing** - Whilst being popped into the air, with carer supporting one hand, is able to be popped to stand but not stop and stay still as required.
- 4 **Can be popped to stand with one-hand support, stop and remain in stillness** - Carer providing one-hand support, client is able to perform the whole exercise under control.

Exercise 2 - Sitting position – pop to stand – stillness (support on landing if necessary)

- 0 **Popping in long sitting, can maintain dynamic balance** - Sitting independently can be popped into the air without support. Maintains balance but doesn't make any attempt to stand.
- 1 **Can be popped into a standing position with support on landing but unable to remain standing** - Whilst being popped into the air, is able to straighten legs and land on feet, but unable to remain standing. Carer catching behind arms on landing.
- 2 **Can be popped into standing, continues bouncing** - With carer catching behind arms on landing, is able to be popped to stand but not stop and stay still as required.
- 3 **Can be popped to stand with minimal support on landing, continues bouncing** - Whilst being popped into the air, with carer providing only light support on landing, is able to straighten legs and land on feet, but not stop and stay still as required.
- 4 **Can be popped to stand without support, stop and remain in stillness** - Able to perform the whole exercise under control without support.

Exercise 3 - Sitting position – pop to stand with eyes closed

- 0 **Will not close eyes when being popped** - Makes no attempt or is afraid to close eyes when being popped.
- 1 **Will close eyes when being gently popped** - Closes eyes when gently popped but makes no attempt to stand.
- 2 **Can be popped to stand with eyes closed if given two-hand support** - Opens eyes if support is reduced.
- 3 **Can be popped to stand with eyes closed if given one-hand support** - Becoming more confident. Will keep eyes closed until hand support is removed.
- 4 **Can be popped to stand with eyes closed without any support from carer** - Fully confident. Carer not required to provide any manual support.

Exercise 4 - Sitting position – bounce and tweak

- 0 **Can initiate movement in long sitting but unable to leave bed** - Can push hands into bed to initiate movement but not hard enough to leave the bed.
- 1 **Bounces in long sitting position but unable to tweak** - Can push hands down hard enough to bounce and leave the bed but cannot move legs in or out.
- 2 **Bounces in long sitting position and attempts to move legs** - Can push hands down hard enough to bounce and leave the bed and makes recognisable attempt to move legs in and out.
- 3 **Bounces in long sitting and manages one full tweak** - Bounces in long sitting position and can show one full movement of bringing legs in while in the air and out to land back in long sitting.
- 4 **Bounces in long sitting and can tweak continuously** - Can perform the whole exercise repeatedly in swingtime, i.e with no intermediate bounces.

Exercise 5 - Sitting position – bounce and tweak with swimming arms

- 0 **Can initiate movement in long sitting but unable to leave bed** - Can swim arms to initiate movement but not hard enough to leave the bed.
- 1 **Bounces in long sitting position but unable to tweak** - Can swim arms hard enough to bounce and leave the bed but cannot move legs in or out.
- 2 **Bounces in long sitting position and attempts to move legs** - Can swim arms hard enough to bounce and leave the bed and makes recognisable attempt to move legs in and out.
- 3 **Bounces in long sitting and manages one full tweak** - Bounces with swimming arms in long sitting position and can show one full movement of bringing legs in while in the air and out to land back in long sitting.
- 4 **Bounces in long sitting and can tweak continuously** - Can perform the whole exercise with swimming arms, repeatedly in swingtime, i.e with no intermediate bounces.

Exercise 6 - Quarter turns in sitting position

- 0 **Can bounce independently in sitting but unable to turn** - Unable to turn body in the air, even with assistance.
- 1 **Beginning to turn legs and body with assistance** - Carer assisting the turn. Client not yet able to turn independently.
- 2 **Bouncing and able to turn <45° independently** - Acquired the skill to turn independently, only a small amount of movement.
- 3 **Bouncing and able to turn >45° but <90° in either direction independently** - Amount and quality of turning movement improving.
- 4 **Bouncing and able to turn 90° in either direction independently** - Competent at independent quarter turns.

