

Winstrada Rebound Exercises Grade 2 – Section D HFI Notes

Exercise 17 - Walk along centre line, turn round and walk back

- 0 **Cannot initiate walking, needs full support of 2 in standing** - Can stand with two carers but unable to walk.
- 1 **Can walk along the line with full support of 2** - Two care staff supporting; one each side of client.
- 2 **Can walk along line with full support of 1** - Supporting from either the front, side or rear.
- 3 **Can walk along line with minimal support of 1** - One carer offering light support only.
- 4 **Can walk independently along line, turn round and walk back** - No assistance required.

Exercise 18 - Run on spot in centre of bed

- 0 **Cannot initiate running** - With two carers supporting is unable or unwilling to lift feet.
- 1 **Can lift feet alternately with full support of 2** - Two care staff supporting, can make a recognisable attempt at slow running.
- 2 **Can lift feet alternately with support of 1** - One carer supporting, can make recognisable attempt at slow running.
- 3 **Can lift feet alternately in centre without support** - Can make recognisable attempt at running in centre without support.
- 4 **Can run in centre of trampoline bed** - No assistance required.

Exercise 19 - Run on spot in centre – alternate knee slapping

- 0 **Able to run but resists arm movement** - With carer assisting, client resists attempts to move arms.
- 1 **Allows carer to assist but no attempt to touch knees** - With carer's assistance, client will allow movement of the arms but does not attempt to lift knees to make contact with hand.
- 2 **Makes a recognisable attempt at the exercise with assistance** - With carer assisting, makes an attempt to connect hand to opposite knee but stops after one or two contacts.
- 3 **Makes a recognisable attempt at the exercise without assistance** - With no assistance, makes an attempt to connect hand to opposite knee but stops after one or two contacts.
- 4 **Able to perform whole exercise** - Client is able to continuously cross the midline and connect right hand to left knee and vice versa whilst running on the cross.

Exercise 20 - Run on spot – low crossover (right hand to left leg, left hand to right leg)

- 0 **Unable to reach below the knee** - With support, client is unable or unwilling to reach below the knee.
- 1 **Makes recognisable attempt with support to reach below the knee** - With support from carer, client makes an attempt to reach below the knee of leg on opposite side but stops after one attempt.
- 2 **Makes a recognisable attempt with support to perform the exercise continuously** - With support, is able to crossover, reaching below the knee for several times consecutively before stopping.
- 3 **Makes recognisable attempt without support** - Is able to perform the exercise without support but stops after one or two attempts.
- 4 **Is able to perform exercise continuously** - Without any support, is able to cross the midline continuously by touching the right hand to left leg below the knee and vice versa without stops.

Winstrada Rebound Exercises Grade 2 – Section E

Exercise 21 - High kneeling – pop to stand to stillness

- 0 **Supported popping in high kneeling, cannot straighten legs** - High kneeling, can be gently popped into the air with both hands supported. Does not straighten legs or make attempt to land on feet.
- 1 **Can be popped into a two-hand supported standing position but unable to maintain balance** - Whilst being popped into the air, with carer supporting both hands, is able to straighten legs and land on feet, but not maintain balance.
- 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 22 - High kneeling – swimming arms to stand - stillness

- 0 **High kneeling with sustained arm movement but no attempt to stand** - Can balance independently and make rhythmic swimming movement with the arms but is unable or unwilling to attempt to stand, even when carer provides hand support.
- 1 **With carer holding the hands, client makes a recognisable attempt to stand** - Carer provides hand support and very gentle popping assistance to enable client to swim arms to stand. May not attain stillness at this stage.
- 2 **With carer providing only minimal support, client makes a recognisable attempt to stand** - Carer provides hand support but no popping assistance. Client makes recognisable attempt to swim arms hard and move to standing position.
- 3 **Makes recognisable attempt to swim to stand independently** - With no assistance from carer, client attempts to swim arms to standing position, although may not keep legs together or maintain stillness on landing.
- 4 **Able to complete exercise independently** - Without any assistance, client is able to swim arms rhythmically to initiate and sustain movement, then drive arms up hard to move to standing position and maintain stillness on landing.

Exercise 23 - High kneeling position – twist to long sitting (Harrison swivel)

- 0 **Unwilling, unable or afraid to attempt twist** - Able to high kneel and swim arms to create movement, but requires full support of two carers to twist to long sitting position.
- 1 **Will allow assistance from one carer** - Gaining confidence, will allow carer to assist with twisting to long sitting.
- 2 **Makes recognisable attempt to twist** - With one carer supporting, client makes recognisable attempt to twist to long sitting.
- 3 **Makes recognisable attempt with minimal support** - With minimal support from carer, can swim arms and then twist to long sitting.
- 4 **Able to complete exercise independently** - Without any assistance, client is able to swim arms rhythmically to initiate and sustain movement, then drive arms up, twist and land in long sitting position.

Exercise 24 - Harrison swivel to stand - stillness

- 0 **Able to perform Harrison swivel but unable to return to feet** - With carer coming in to assist with popping or manual support, client is unwilling, unable or afraid to return to feet.
- 1 **Will return to feet with assistance** - Will perform Harrison Swivel but requires carer to ride the bed and provide hand support to return to feet. May also require support to maintain standing position.
- 2 **Will perform exercise with reduced assistance** - Requires popping from sitting position to return to feet but no longer requires hand support. May require assistance with maintaining standing position.
- 3 **Makes recognisable attempt without assistance** - Able to perform Harrison swivel and make a recognisable attempt to return to feet without support.
- 4 **Able to complete exercise independently** - Without any assistance, client is able to swim arms rhythmically to initiate and sustain movement, then drive arms up, twist and land in long sitting position, then immediately return to feet and remain still on landing.

Exercise 25 - Harrison swivel to stand – stillness. Able to perform left and right twist

- 0 **Can perform Harrison swivel to stand but will only attempt to twist in the usual direction** - With carer coming in to assist with popping or manual support, client is unwilling, unable or afraid to attempt to twist "the other way".
- 1 **Will attempt to twist the other way with assistance** - Makes a recognisable attempt to twist the other way. Requires carer to ride the bed and provide hand support to return to feet. May also require support to maintain standing position.
- 2 **Will perform exercise with reduced assistance** - Can twist the other way through close to 180 degrees. May require popping or hand support to return to feet.
- 3 **Makes recognisable attempt without assistance** - Able to twist the other way and make a recognisable attempt to return to feet without support.
- 4 **Able to complete exercise independently** - Without any assistance, client is able to perform Harrison swivel to stillness equally well whether twisting to the left or to the right.

Exercise 26 - Hands and knees position – slide to plank (on mattress)

- 0 **Requires assistance of two carers to move to plank position** - Able to achieve hands and knees position independently but unwilling or unable to move to plank position without full assistance of two carers.
- 1 **Can move to plank position with assistance of one carer** - Gaining confidence. Can move to plank position with assistance of just one carer.
- 2 **Makes recognisable attempt to move to plank independently** - From hands and knees position, client attempts to slide legs back and arms forwards to land on front on mattress. May not be straight or land evenly.
- 3 **Gaining proficiency** - Able to slide to plank and show straight body position.
- 4 **Able to complete exercise independently** - From hands and knees position, is able to push evenly with hands and knees to initiate movement, then slide legs back and arms forward at the same time and land flat on front on a mattress.

Exercise 27 - Quarter turns in hands and knees position

- 0 **Can bounce independently in hands and knees but unable to turn** - Unable to turn body in the air, even with assistance.
- 1 **Beginning to turn 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.

