

Exercise 6 – Compensates for movement when rebounder bed is moved in front, behind and to the side of student

- 0 **No sitting balance** - Person requiring physical or support aids to remain seated. Lacks the ability to be able to sit independently.
- 1 **Long sitting supporting with arms, static balance only** - Can maintain a seated balance in long sitting holding either care staff or resting hands on the rebounder bed. Maintains balance during low amplitude movements of the bed, but loses balance or requires more support from staff as the amplitude increases.
- 2 **Long sitting supporting with arms, static and dynamic balance** - As above but can keep balance as the amplitude increases.
- 3 **Long sitting, no arm support, static balance only** - A person who can sit on the rebounder without arm/hand support and maintains balance but lacks the ability to keep this balance as the bed begins to move.
- 4 **Full dynamic sitting balance** - Can maintain long sitting balance without any support. Maintains this balance through a variety of moves e.g. rocking, side to side bouncing and increase bounce height.

Exercise 7 – Regains sitting position when moved off balance

- 0 **Makes no attempt to regain position** - Is unable or refuses to make any attempt to move back to sitting position when gently moved off balance .
- 1 **Makes a recognisable attempt** - With full support from carer will sometimes attempt to regain sitting position.
- 2 **Attempts to regain position with minimal support** - Makes a definite attempt to regain position with only minimal support from carer.
- 3 **Usually regains position with no support** - Without any support from carer, can usually regain sitting position when gently pushed off balance.
- 4 **Can easily regain sitting position when moved off balance** - Student shows very good control and sufficient strength to enjoy the challenge of regaining the sitting position when carer pushes him off balance in any direction.

Exercise 8 - Enjoys being bounced in sitting position

- 0 **Body won't leave the bed** - Can balance independently while carer provides very low amplitude bouncing but either loses balance or not confident enough to allow body to leave the bed of the rebounder.
- 1 **Body leaves the bed, balance lost** - Able to keep balance as the bed moves but when popped into the air loses balance or requires assistance/support when body lands back on the bed.
- 2 **Beginning to assist, balance improving** - Maintaining balance for longer periods as the bed moves, attempting to assist with bouncing, either using arms to generate lift and / or counting in time with the carer(s) etc. Loses balance on landing.
- 3 **Assisting with bouncing, loses balance occasionally** - Taking an active role in initiating bouncing in sitting position. Technique and balance not perfected as yet, tending to lose balance when landing after higher bounces.
- 4 **Assisting with bouncing and maintaining balance** - Skill levels have improved, good technique and maintains balance even after higher bounces.

Exercise 9 – Sitting position – initiates movement by pushing into bed with hands

- 0 **Makes no attempt to initiate movement** - Refuses or is unable to make any attempt to initiate movement even when given full support and assistance by carers.
- 1 **Will allow carers to assist** - With full support of carers will occasionally attempt to initiate some movement.
- 2 **Makes a recognisable attempt** - With minimal support from carers will make a recognisable attempt to initiate some movement with hands.
- 3 **Can initiate movement independently for short periods** - Can push hands into bed to initiate movement but needs assistance to achieve the correct tempo or maintain the movement for more than a few seconds.
- 4 **Can initiate and sustain movement by pushing hands into bed** - Is fully able to initiate and maintain rhythmic movement for the required length of time by pushing hands into rebounder bed.

Exercise 10 – Sitting position – swimming arm movement to initiate bounce

- 0 **Makes no attempt to initiate movement** - Refuses or is unable to make any attempt to initiate movement even when given full support and assistance by carers.
- 1 **Will allow carers to assist** - With full support of carers will occasionally attempt to initiate some movement.
- 2 **Makes a recognisable attempt** - With minimal support from carers will make a recognisable attempt to initiate some movement by swimming arms.
- 3 **Can initiate movement independently for short periods** - Can swim arms in circular motion to initiate movement but needs assistance to achieve the correct tempo or maintain the movement for more than a few seconds.
- 4 **Can initiate and sustain bouncing by swimming arms** - Is fully able to initiate bounce (i.e. leave the bed) and maintain rhythmic bouncing for the required length of time by using swimming arms movement.

## Flexi-Bounce Therapy Exercises Grade 1 – Section C

## HFI Notes

Exercise 11 – Low kneeling position

- 0 **No low kneeling balance** - Difficulty getting client onto knees or requires maximum support from carers.
- 1 **Low kneeling with arms fully supported** - Client low kneeling, resting bottom on heels and being fully supported by carers. Can only tolerate minimal movement of the rebounder bed.
- 2 **Low kneeling, minimal support from carers** - Client low kneeling, resting bottom on heels, able to balance with minimal arm support but when rebounder bed moves requires more support.
- 3 **Low kneeling without support** - Able to low kneel unsupported. Only requires minimal assistance to maintain balance as the rebounder bed moves.
- 4 **Low kneeling, no support and good balance when bed moved.** – Low kneeling independently, maintaining balance during low amplitude movements of rebounder bed.

Exercise 12 – Low kneeling position – swimming arms to initiate movement

- 0 **Low kneeling unsupported but unable to initiate arm movement** - Can balance independently but requires assistance of carer to move arms.
- 1 **Can initiate some movement for a short time but then loses balance or stops** - Balanced in low kneeling position, some arm movement achieved but no rhythmic movement of the bed achieved.
- 2 **Can maintain arm movement and create some movement of the bed** - Longer periods of arm movement achieved creating some movement of the bed.
- 3 **Can achieve some rhythmic movement of the bed by swimming arms** - Understands and achieves for short periods, rhythmic movement of the bed by swimming arms.
- 4 **Good balance with sustained rhythmic arm movement** - Able to initiate movement on the bed by swimming arms and to control the intensity of movement.

Exercise 13 – High kneeling position

- 0 **No high kneeling balance** - Difficulty getting client into high kneeling position or requires maximum support from carers.
- 1 **High kneeling with arms fully supported** - Client high kneeling but being fully supported by carers. Can only tolerate minimal movement of the rebounder bed.
- 2 **High kneeling, minimal support from carers** - Client high kneeling, able to balance with minimal arm support but when rebounder bed moves requires more support.
- 3 **High kneeling without support** - Able to high kneel unsupported. Only requires minimal assistance to maintain balance as the rebounder bed moves.
- 4 **High kneeling, no support and good balance when bed moved.** – High kneeling independently, maintaining balance during low amplitude movements of rebounder bed.

Exercise 14 – High kneeling – swimming arm movement to initiate bounce

- 0 **High kneeling, unable to initiate arm movement** - Can balance independently but requires assistance of carer to move arms.
- 1 **Can initiate some movement for a short time but then loses balance or stops** - Balanced in high kneeling position, some arm movement achieved but no rhythmic movement of the bed achieved.
- 2 **Can maintain arm movement and create some movement of the bed** - Longer periods of arm movement achieved creating some movement of the bed
- 3 **Can achieve some rhythmic movement of the bed by swimming arms** - Understands and achieves for short periods, rhythmic movement of the bed by swimming arms.
- 4 **Good balance with sustained rhythmic arm movement** - Able to initiate movement on the bed by swimming arms and to control the intensity of movement.