

Indicators cross referenced page-to page with Flexi-Bounce Therapy record sheets

Flexi-Bounce Therapy Exercises Grade 2 – Section A

HFI Notes

Exercise 1 - Sitting position with feet on floor (two carers supporting) 2 hand support from one carer - other carer pop to stand - stillness

- 0 **Supported popping in sitting with feet on floor, unable to stand** - Sitting independently can be popped into the air with full support from front behind. 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 from the front, and another supporting from behind, is able to straighten legs and stand on floor, but not remain in standing position.
- 2 **Can be popped into two-handed supported standing, does not keep still** - Carers providing two-hand support and support from behind, is able to be popped to stand but not stop and stay still as required.
- 3 **Can be popped into two-handed supported standing, stays still momentarily** - Carers providing two-hand support and support from behind, is able to be popped to stand and stay still for less than three seconds.
- 4 **Can be popped into two-handed supported standing, stays still as required** - Carers providing two-hand support and support from behind, is able to be popped to stand and stay still for at least three seconds.

Exercise 2 - Sitting position with two trainers as above but with one hand support – pop to stand – stillness

- 0 **Can be popped into two-handed supported standing, but will not let go of one hand** – Will not allow carers to reduce support.
- 1 **Can be popped into two-handed supported standing, will allow carers to marginally reduce hand support** – Will allow carers to reduce hand support momentarily but becomes agitated or does not keep still upon standing.
- 2 **Can be popped into one-handed supported standing, becoming more confident** – Will allow carers to support with one hand but still becomes agitated or does not keep still upon standing.
- 3 **Can be popped into one-handed supported standing, remains still for less than three seconds** – Is able to be popped to stand with one hand support (carer still supporting from behind) and can stay still but for less than three seconds.
- 4 **Can be popped into one-handed supported standing, stays still as required** - Carers providing one-hand support and support from behind, is able to be popped to stand and stay still for at least three seconds.

Exercise 3 - As above two exercises but student 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 when given one-hand support, but opens immediately on standing** - Becoming more confident. Will keep eyes closed until standing but opens immediately on standing.
- 4 **Can be popped to stand with eyes closed with one hand support** - Fully confident. With carer providing one hand support from front and other supporting from behind, will keep eyes closed upon landing as required.

Exercise 4 - Sitting position – push hands, bounce and half time 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 half-time tweak** - Bounces in long sitting position and can show one full movement of bringing legs in on first landing and out on second landing.
- 4 **Bounces in long sitting and can half time tweak continuously** - Can perform the whole exercise repeatedly in swingtime, i.e with no intermediate bounces.

Exercise 5 - Sitting position – bounce and half time 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 half-time tweak** - Bounces in long sitting position and can show one full movement of bringing legs in on first landing and out on second landing.
- 4 **Bounces in long sitting and can half time tweak continuously** - Can perform the whole exercise 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 one or both directions independently** - Amount and quality of turning movement improving.
- 4 **Bouncing and able to turn 90° in either direction independently** - Competent at independent quarter turns.