

Flexi-Bounce Therapy Exercises Grade 2 – Section D HFI Notes

Exercise 17 - 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 18 - Run on spot in centre – 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 right hand to right knee and left hand to left knee.
- 3 Makes a recognisable attempt at the exercise without assistance - Will attempt to run and slap knees without assistance for a few seconds.
- 4 Able to perform whole exercise - Client is able to continuously run on the spot and slap knees for as long as carer requires.

Exercise 18 - Run on spot in centre – cross over knee slapping

- 0 Able to run and slap knees but resists crossing over – With carer assisting, client resists attempts to move arms across the midline.
- 1 Allows carer to assist- With carer's assistance, client will allow movement of the arms across the midline but does not attempt it unaided.
- 2 Makes a recognisable attempt at the exercise with assistance - With carer assisting, makes an attempt to connect right hand to right knee and left hand to left knee.
- 3 Makes a recognisable attempt to cross over without assistance - Without assistance, will attempt to cross the midline; left hand to right knee and right hand to left knee.
- 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 spot.

Exercise 20 - Run on spot – low crossover (right hand to left leg, left hand to right leg, reaching below the knee with leg straight)

- 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.

Flexi-Bounce Therapy Exercises Grade 2 – Section E HFI Notes

Exercise 21 - Half kneeling – hand support from carer on floor - other carer pop to stand to stillness

- 0 Supported popping in half kneeling, cannot straighten legs - Half kneeling, can be gently popped with both hands supported and carer supporting from behind but, does not straighten legs or make attempt to stand.
- 1 Can be popped to standing but unable to maintain balance - Whilst being popped with full support,, is able to straighten legs and stand but not maintain balance.
- 2 Can be popped into standing, continues bouncing - Carers providing full 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 - As above exercise but with other knee up (able to perform right and left knee up)

- 0 Supported popping in half kneeling, cannot straighten legs - Half kneeling, can be gently popped with both hands supported and carer supporting from behind but does not straighten legs or make attempt to stand.
- 1 Can be popped to standing but unable to maintain balance - Whilst being popped with full support, is able to straighten legs and stand but not maintain balance.
- 2 Can be popped into standing, continues bouncing - Carers providing full 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 23 - High kneeling – hand support from carer on floor - other carer pop to stand to stillness

- 0 Supported popping in high kneeling, with two hand support from the front and support from behind - cannot straighten legs - High kneeling, can be gently popped with both hands supported. Does not straighten legs or make attempt to stand up.
- 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, and other carer supporting from behind, is able to straighten legs and stand, 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 to stand, 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, other still supporting from behind, client is able to perform the whole exercise under control.

Exercise 24 - Half 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 while other carer provides 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 25 - Half kneeling – swimming arms to stand to stillness as above but with other knee up (able to perform right and left knee up)

- 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 while other carer provides 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 26 - Back bouncing

- 0 Unable or refuses to lie on back – Even when demonstrated by carer, refuses or is unable to lie on back.
- 1 Will lie on back but no attempt to move legs to enable bounce - Will lie on back but resists carer's attempts to assist with leg movement.
- 2 Will allow carers to assist – With full support from carers will allow legs to be moved in a rhythmic fashion.
- 3 Makes recognisable attempt without assistance – Carer no longer moving legs, client makes a recognisable attempt to bounce on back.
- 4 Able to complete exercise independently - Without any assistance, client is able to straighten and bend legs whilst lying on back and initiate gentle bouncing.