

Nether Hall School Vision & Values



Guide to Rebound Therapy if your child has Down Syndrome



What is Rebound Therapy?

REBOUND THERAPY was founded in 1969 to describe the use of trampolines in providing therapeutic exercise and recreation for people with a wide range of special needs. Participants range from those with mild to severe physical disabilities and from mild to profound and multiple learning difficulties, including dual sensory impairment and autistic spectrum disorder.

Our rebound therapy trampoline is positioned at ground level so pupils and staff can walk onto it. This means there are no steps or climbing involved, making it safer for everyone.

Rebound therapy has lots of benefits, below are just a few;

- Increasing balance
- Increasing or decreasing muscle tone
- Increasing active movement
- Increasing fitness and exercise tolerance
- Promoting relaxation
- Increasing sensory integration
- Increased confidence in movement
- Improving body image
- Improving posture
- Improving communication skills
- Improving social skills
- Achievable goals/ targets
- Respiratory benefits
- Stimulation of digestive system
- Improving quality of life and independence
- Most importantly its FUN.

What is Atlanto-Axial Instability (AAI)?

Atlanto-axial instability (AAI) is a condition that affects the bones in the upper spine or neck under the base of the skull.

The joint between the upper spine and base of the skull is called the atlanto-axial joint.

In individuals with Down syndrome, the ligaments (connections between muscles) are often “lax” or floppy. This can result in AAI where the bones are less stable and can damage the spinal cord.

AAI can be caused by a combination of low tone, loose ligaments and bony changes.

One or 2 out of every 100 children with Down syndrome have symptoms of AAI. It is advisable that individuals with AAI do not participate in activities that could damage this area of the neck.

Doctors can identify AAI with an x-ray and if found the area could be strengthened for safety

What Are the Symptoms of AAI?

- Change in the way your son/daughter walks
- Gets tired easily when walking
- Pain, numbness or tingling in the neck, shoulder, arms or legs
- Head tilting to one side
- Trouble moving the neck or holding it up
- Weakness in the arms or legs
- Loss of bladder control (having accidents)



Here at Nether Hall School we are always supporting our pupils in a fun and safe environment, this being said if your child has Down Syndrome we would not allow them to use the rebound facility unless you have a doctors permission that your child does not have Atlanto-Axial Instability. This is for their safety

If you know your child does not have AAI we would be happy to ensure they receive this amazing opportunity of an enjoyable and safe therapy.