

# Nether Hall School Vision & Values

Be  
Brave

Be  
Honest

Be  
Kind

Be  
Safe

Grow  
Together



A place to shine



## Guide to Rebound Therapy



# What is it?

The phrase 'REBOUND THERAPY', describes a specific method, assessment and programme of use of trampolines to provide opportunities for enhanced movement patterns, therapeutic positioning, exercise and recreation for a wide range of users with additional needs.

Rebound therapy has a moveable surface that offers the child weightless freedom of movement without the need to touch them.

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 mild to severe physical disabilities and from mild to profound and multiple learning disabilities, including dual sensory impairment and autistic spectrum disorder.

**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 do I need to do?

There are a few conditions that means rebound therapy is not appropriate for some children.

The conditions which mean children cannot participate in rebound are;

- Detached retinas
- Spinal rodding
- Atlanto– axial instability (within some down syndrome)
- Dwarfism
- Brittle Bone Disease

These are all on the school activity consent form

Please contact the Therapy Coordinator if you would like to discuss this further.

