

## Policy on Rebound Therapy

### Rationale

Rebound Therapy is the therapeutic use of a trampoline. It is not used in isolation but forms part of an integrated program used to improve motor skills and help to meet other needs. Rebound Therapy provides additional sensory experiences and supports the development of movement and body awareness for the pupils in Mavisbank School. Pupils have shown real pleasure when on the trampoline; they have smiled, laughed, vocalized, moved and opened their eyes.

*'Rebound Therapy provides many people with a valuable opportunity to enjoy movement and interaction' (Crampton 2002)*

### Aims

Pupils at Mavisbank School will:

- Experience regular sessions on the trampoline, where appropriate, to meet individual needs
- Experience a variety of ways of moving
- Experience different positions when being moved
- Have the opportunity to experience the benefits and effects of Rebound Therapy e.g. chest care, development of communication, sensory stimulation, increase/decrease in muscle tone, increase in heart/respiratory rate etc.
- Have fun!

### Implementation

A risk assessment has been carried out.

**IT IS IMPORTANT THAT NO MEMBER OF STAFF IS STANDING ON THE TRAMPOLINE WHEN THE OVER HOIST IS BEING USED**

Safe practice is an essential pre-requisite of Rebound Therapy. Staff involved in the use of the trampoline will be trained in its assembly, dismantling and use and have an understanding of the benefits that can be achieved. A comprehensive list is contained in the document REBOUND THERAPY EXPLAINED. When using the trampoline, an assessment of the safety considerations will be made by staff (referring to the document REBOUND THERAPY - THERAPUTIC APPLICATIONS). At all time there must be sufficient 'spotters' (individual risk assessors) to provide support

around the trampoline. Care must be taken to avoid friction burns and the careful positioning of each pupil is vital.

Classes will be timetabled for accessing the trampoline

Each class will nominate a representative to assist with setting up and dismantling of the trampoline.

A rebound trained member of staff and Instructor / Teacher / Early Learning Practitioner must be present throughout the whole session

A lesson plan/ programme should be used during rebound therapy sessions

### Resources

Rebound Therapy - Therapeutic Applications

Rebound Therapy Explained

(Both of the above documents by the

Scottish Learning Disability physiotherapy Services Rebound Therapy Steering Group)

Safe Practice in Rebound Therapy - The Chartered Society of Physiotherapy

[www.gov.je/Health/hospital\\_services/departments/child\\_dev/Rebound.htm](http://www.gov.je/Health/hospital_services/departments/child_dev/Rebound.htm)

David Smith 2008

Reviewed: John Lochrie, Eileen McDonnell July 2015

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