



## The benefits of Rebound Therapy for children at Ashgate School

### **What is Rebound Therapy?**

Rebound therapy was founded by Eddy Anderson in 1972. The approach uses trampolines to provide opportunities for movement, therapeutic exercise and recreation for people across the whole spectrum of special needs.



### **Who delivers Rebound Therapy at Ashgate School ?**

All staff who lead Rebound Therapy sessions at Ashgate School have completed an official training course. The training course teaches logical progressions of movement patterns designed to encourage the student to continually develop whilst at the same time experiencing healthy exercise and enjoyment. For children with more complex physical needs the Physiotherapist may work with class staff to help them plan appropriate activities for each child.

### **The benefits of Rebound Therapy**

Rebound is an excellent form of physical exercise that challenges gross skills, core balance and coordination. A structured Rebound Therapy session can provide the following benefits:

## **Physical**

- The opportunity to learn a new physical skill
- Opportunities to practice a skill in a different context e.g. transferring independent sitting on a static bench or seat to sitting on a moving trampoline.
- Improved balance and coordination.
- Increased muscle control and muscle strength.
- Improved head control.
- Sequencing motor movements.

## **Sensory**

- Experiencing the basic movement of the trampoline bed.
- Experiencing moving in different ways.
- Calming interactions with adults during relaxation sessions.
- Increasing proprioceptive and vestibular awareness.



## **Cognitive/Language learning**

- Follow a routine
- Follow instructions
- Learn and use language related to Rebound Therapy , for example; .tuck jump, star jump, seat drop.
- Learn and use directional language and language related to speed, and direction ,for example, stop/go ,fast/slow, up/down, slow/fast.
- Number language e.g. counting bounces.

## **Personal, Social and Emotional**

- Joint attention
- Eye Contact
- Increasing confidence and raising self-esteem
- Conquering fears
- Building up trusting relationships
- Fun and enjoyment