

Winstrada Rebound Exercises Grade 1 – Section E HFI Notes

Exercise 21 – Standing in stillness with feet flat on bed

- 0 **No standing balance** - Afraid or unable to stand even with full support of two carers.
- 1 **Can stand with support of two carers**
- 2 **Can stand with support of one carer**
- 3 **Can stand with minimal support** - Requires carer for reassurance or minimal support only to stand.
- 4 **Independent standing** - Can stand on trampoline bed fully unaided.

Exercise 22 – Standing position – maintains shape while being gently bounced

- 0 **No standing balance when bed is moved** - Afraid or unable to stand even with full support of two carers if there is any movement of the bed.
- 1 **Standing with full assistance of 2** - After some time managing to stand with two carers providing full support, can only tolerate very slight movement of the bed.
- 2 **Standing with full assistance of 1** - With full support of one carer, can maintain balance during low gentle bouncing.
- 3 **Standing with minimal assistance of 1** - Some physical but mainly verbal assistance from the carer, maintains balance during gentle bouncing only.
- 4 **Independent standing** - Can stand and maintain shape and balance during gentle bouncing.

Exercise 23 – Standing position – initiate bounce (bobble)

- 0 **No bouncing** - Can stand on the trampoline but unable or refuses to bounce even with full support of two carers. Keeps legs straight and doesn't bend knees.
- 1 **Occasional bouncing with support of 2** - At times will bend knees under instruction and initiate the bouncing. Not consistent.
- 2 **Bouncing with support of 1** - Only requires one carer to support and will initiate the bouncing, using the carer for reassurance and assistance.
- 3 **Bouncing with light support of 1** - Just requiring prompting and light support.
- 4 **Independently bouncing unsupported** - Carers are not required to assist at all.

Exercise 24 – Standing position – swimming arms to initiate movement

- 0 **No movement** - Can stand on the trampoline but unable or refuses to swim arms even with full support of two carers.
- 1 **Recognisable attempt with support of 2** - At times will swim arms and initiate movement. Not consistent.
- 2 **Can initiate movement with support of 1** - Only requires one carer to support and will swim arms to initiate the bouncing, using the carer for reassurance and assistance.
- 3 **Can perform exercise independently for short periods** - Just requiring prompting and light support from carers.
- 4 **Independently swimming arms and maintaining rhythmic movement** - Carers are not required to assist at all.

Exercise 25 – Standing position – hang and bounce

- 0 **No attempt to lift arms above head and bounce** - Refuses or is unable to lift arms above head while bouncing, even with support of two carers.
- 1 **Recognisable attempt with support of 2** - At times will lift arms and initiate bouncing. Not consistent.
- 2 **Attempts exercise with support of 1** - Only requires one carer to support and will lift arms above head and bounce for short periods, using the carer for reassurance and assistance.
- 3 **Can perform exercise independently for short periods** - Just requiring prompting and light support from carers.
- 4 **Can independently hang and bounce** - No assistance needed from carers, can hang and bounce and sustain the exercise as required.

Exercise 26 – Standing position – pogo in centre

- 0 **No attempt to keep arms by side and bounce** - Refuses or is unable to keep arms still while bouncing, even with support of two carers.
- 1 **Recognisable attempt with support of 2** - At times will keep arms by side and initiate bouncing. Not consistent.
- 2 **Attempts exercise with support of 1** - Only requires one carer to support and will keep arms by side and bounce for short periods, using the carer for reassurance and assistance.
- 3 **Can perform exercise independently for short periods** - Just requiring prompting and light support from carers.
- 4 **Can perform pogo bounce independently** - No assistance needed from carers, can keep arms still and by the sides while bouncing and can sustain the exercise as required.

Exercise 27 – Standing position – bounce and stop - stillness

- 0 **Bounces but cannot stop when requested** - Is able to bounce but refuses or is unable to stop bouncing when requested to do so, even with support of carer.
- 1 **Will occasionally stop when required with full support of carer** - With support will bounce and sometimes make a recognisable attempt to stop when requested. Not able to remain in stillness.
- 2 **Without support, will usually stop when requested** - Can stop when requested without physical assistance but unable to remain in stillness.
- 3 **Will stop when requested and sometimes attempts to remain in stillness**
- 4 **Can bounce, stop and remain still as required** - Has full control over the exercise; is fully able to bounce and then stop when requested to do so and remain still for a period of 3 seconds.

Exercise 28 – Climb onto trampoline, locate centre of bed and climb off again safely

- 0 **Requires hoisting** - Unable to or unsafe to get on and off the trampoline without the use of a hoist and sling.
- 1 **Requiring the assistance of 2** - A person requiring the assistance of two care staff to move and facilitate them onto the trampoline.
- 2 **Requiring the assistance of 1** - A person requiring the assistance of one care staff to move and facilitate them onto the trampoline.
- 3 **Requiring the guidance of 1** - A person not requiring physical assistance but needing verbal direction to safely get on/off the trampoline.
- 4 **Independent under close supervision** - Not requiring any physical or verbal assistance to get on, locate centre and get off the trampoline. Closely supervised for safety reasons.

