FLEXI-BOUNCE THERAPY EXERCISES

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If exercises are performed with handle in place, student to be facing away from handle

PROFICIENCY GRADE 2

Suggested minimum requirements to complete the grade: at least two passes from at least four of the five sections. All movements may be performed with support as necessary.

OR

To more accurately measure progress and outcomes, this scheme can be used with the Huddersfield Functional Index. A minimum HFI score of 32 is recommended to complete the grade.

SECTION A
1. Sitting position with feet on floor – 2 hand support from one carer – other carer pop to stand – stillness
2. Sitting position with two carers as above but with one hand support.
3. As above two exercises but student with eyes closed
4. Sitting position – push hands, bounce and half time tweak
5. Sitting position – bounce and half time tweak, swimming arms
6. Quarter turns in sitting position
HFI Total for Section A (if used)