

The benefits of Rebound Therapy using a full sized trampoline, for people with additional needs

The main benefits include the developing and improvement of:

- Strength of limbs
- Numeracy
- Patience
- Communication
- Co-ordination
- Independence
- Self-confidence
- Balance
- Muscle tone
- Reaction speed
- Self-image
- Eye contact
- Relaxation
- Freedom of movement
- Sense of achievement
- Stamina
- Spatial awareness
- Body awareness
- Social awareness
- Consideration of others
- Trust and confidence in Coach/Assistant
- Colour recognition
- Height and depth perception
- Fun and enjoyment

Other benefits include:

Stimulation of digestive system,
Improved bowel function,
Internal organ massage,
Clearing of toxins from the body.

How We Aim to Achieve These Benefits:

We use the internationally recognised **Winstrada** development and award scheme which records and rewards progress. Grades 1 and 2 of this scheme are based on the Rebound Therapy training course programme.

For those with profound and complex needs, we use the **Huddersfield Functional Index** in conjunction with the Winstrada scheme.

The added benefits of stimulation of the digestive system, improved bowel function and internal organ massage are achieved by the rhythmic acceleration and deceleration, and increase and decrease in weight offered by movement on the trampoline.

The clearing of toxins from the body is a process brought about by bouncing on a trampoline causing stretching and contracting of cells in the body.