

### What is Rebound Therapy?

Rebound therapy briefly is phrase that describes the specific 'Eddy Anderson model' of exercise therapy which uses trampolines to provide opportunities for movement, therapeutic exercise and recreation for people across the whole spectrum of special needs.

It is sometimes referred to as special needs trampolining, however this terminology does not give a full picture with regards the opportunities for progression that it offers children and young people with regards to their physical, communication and social development.

Rebound Therapy teaches logical progressions of movement patterns designed to encourage the pupil to continually develop their skills whilst at the same time experiencing healthy exercise, movement and enjoyment.

### How it benefits pupils with Autism Spectrum Disorders?

Rebound Therapy has the potential for a multitude of benefits when applied appropriately with the specific needs. The potential benefits for pupils with ASD can be split into two main areas, **physiological effects, therapeutic effects and regulation of positive behaviour.**

#### **Physiological effects**

Purposeful movement and exercise for many pupils with ASD can be challenging and difficult to manage. Therefore Rebound Therapy offers an opportunity for structured and regulated movement that offers the following key physiological effects;

- 1) Cardio-respiratory: The high demand on muscles causes an increase in the respiratory rate and subsequently the heart rate. The constant muscle work required to maintain position and balance increases the demand for oxygen therefore building pupils' stamina and tolerance for effortful movement.
- 2) Muscle Tone: Rebound Therapy can be used to effect muscle tone in pupils that present with either low or high muscle tone. Low rhythmic bouncing in general causes a reducing effect on high muscle tone (hypertonia). High amplitude bouncing can cause an increase in tone by stimulating the muscle receptors in those pupils that present with low muscle tone (hypotonia). The two properties can be used therefore to increase or decrease tone where required.
- 3) Postural Mechanism: Pupils postural muscle mechanisms are stimulated through joints, muscle and skin which can then improve the output to the important postural muscles required for sitting or writing having a last benefit for pupils back in the classroom.
- 4) Balance Mechanism: Dynamic movement opportunities that the trampoline brings offers challenge to pupils balance mechanisms, observable improvement can be achieved. This is particularly relevant when with pupils with ASD where levels of balance are often reduced because of limited movement experiences or a diagnosis of Dyspraxia.
- 5) Kinaesthetic Awareness: By the multiple stimulation of joints, pressure stretch receptors, skin, muscles etc., kinaesthetic awareness is improved, leading to improved body image and spatial awareness, and improvements in self-esteem and confidence.

#### **Therapeutic effects and regulation of positive behaviour**

Pupils with ASD benefit immensely from new movement experiences both to regulate themselves physically and emotionally, having positive impacts on their levels of concentration and behaviour back in the classroom.

Communication can be greatly enhanced due to cardio-respiratory effects, vocalisation is increased. Eye contact and concentration are enhanced by the "focus effect" the idea that the pupil is supported to engage with the adult delivering the session in order to experience the movements that they are seeking.

### How we apply Rebound Therapy

All of the pupils at CoPASS will have access to Rebound Therapy either as part of their core P.E. offer or as part of a regular intervention programme that will be based on referral system that will determine level of need and the target and focus of sessions.

All referrals will be screened by the Level 2 Rebound Trainer and the Occupational Therapist in order to develop and establish programmes to best support the pupil and their individual needs.