

Your Physiotherapist has decided that you may benefit from some rebound therapy sessions.

This can help with:

- Balance
- Movement
- Body awareness
- Fitness
- The correct position of your body and limbs
- Muscles



### **Things you need to know**

Your Physiotherapist will decide how many sessions you need. Each session will last 20-30 minutes. You will go on the trampoline with 1 or 2 therapists who will help you to achieve your goals. It is important that you listen to them and do what they say. There will also be 'spotters' – people standing around the edge of the trampoline to make sure you stay safe. The person who brings you to the session may need to help 'spot'. This does not apply if the trampoline is set in the floor.

### **What to bring and wear**

Please wear long trousers and make sure that you have socks.

Jewellery is not allowed on the trampoline.

Bring a drink because you will be working hard and may get thirsty.



## **What will I be doing on the trampoline?**

- Lying
- Sitting
- Rolling
- Kneeling
- Standing
- Jumping
- Sequences

## **What happens next?**

When you finish your rebound therapy sessions your physiotherapist will be told how you did and how many goals you achieved.

Your physiotherapist will then arrange to see you at the Children's Centre to review your progress.



**“This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg”**