

What is physiotherapy-led rebound therapy?

Information for service users, families, carers and supporters

Your physiotherapist thinks that rebound therapy might help you. We will talk to you about rebound therapy to see if you would like to do it.

What is rebound therapy?



It is movement or relaxation on a trampoline.

A trampoline is like a big bouncy bed.

Rebound therapy is not trampolining as you see it on the TV. You will not be asked to do very high jumps. It is very safe.

How will it help me?

Rebound therapy is good for you because:

- Its fun, people often laugh and shout
- It relaxes you
- It will make you more confident
- It keeps your heart and breathing healthy
- It allows you to move in different ways
- It helps you to understand about the space around you
- It helps you with your posture
- It strengthens weak or floppy muscles and relaxes tight muscles
- It helps improve general health

Who will I do physiotherapy-led rebound therapy with?

You will be supported onto the trampoline by trained staff, and carers can be present.

Where will I do rebound therapy?

You will do rebound therapy wherever there is a trampoline. Some of the places might be a:



- Sports / leisure centre
- day centre
- community centre.

Can anyone do rebound therapy?

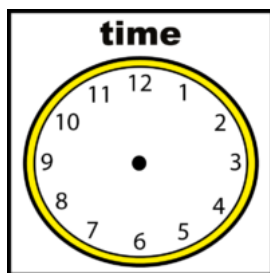
No. You may have some health problems that mean you cannot do rebound therapy. We will talk to you, your carers and your doctor to find out about your health.



If you cannot do rebound therapy a staff member will talk to you and your carers about other ways to help you.

You may have health problems that mean when you do rebound therapy, we have to be more careful.

How long will I be on the trampoline for?



This will be decided between you and your physiotherapist.

What if I don't like it?

You don't have to do it. Staff will talk to you or your carers about other things that can help you.

What should I wear for rebound therapy?



To be comfortable you should wear:

- no jewellery
- loose clothing
- cotton sports socks
- long trousers and long-sleeved top (no buttons on trousers)

You can contact the physiotherapy team on:



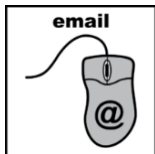
If you are unhappy about our services...



Please tell a member of staff.



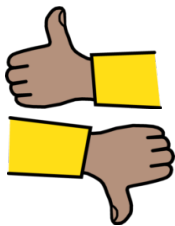
Freephone 0800 052 0219 or



Email tewv.pals@nhs.net.

Feedback

We'd like to know if you thought this information was



- good or bad
- if anything was missing you wanted to know
- if there was anything you didn't understand.

Let a member of your care team know.

Find this information

Staff: Trustwide shared drive > Patient and Carer Information > Trustwide

Patients and carers: go to our website www.tewv.uk and search what is a physiotherapist

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