

Rebound Therapy at OXSRAD



An overview of what Rebound Therapy is, how it works, and what to expect at OXSRAD.

what

Rebound Therapy uses a trampoline as a therapeutic exercise to support physical, sensory, and emotional development. It's adaptable for a wide range of abilities, including physical disabilities and sensory processing needs. The sessions are fun, inclusive, and designed to promote wellbeing, movement, and engagement in a safe, structured setting.

how

The trampoline's changing gravitational forces stimulate muscles, improve balance, and support coordination. Its rhythmic motion provides sensory feedback that can calm or energise, tailored to the individual. Rebound Therapy promotes physical and mental wellbeing in a safe, supportive environment.



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- Sessions are typically 30 minutes long and are delivered by a qualified Rebound Therapist.
- Carers or parents must be present at all times. The therapist will not conduct sessions alone.
- Each participant's session is individually tailored to meet their physical, emotional, and developmental needs.
- Goals can be set and reviewed in partnership with carers, therapists, or teaching staff.
- Participants can work toward certificates and awards recognising progress and achievements.

The potential benefits of Rebound Therapy include:

- Strength of limbs
- Muscle tone regulation
- Coordination and motor control
- Balance and postural alignment
- Spatial awareness
- Cardiovascular fitness
- Relaxation and reduction of anxiety
- Communication development
- Social interaction and turn-taking
- Self-confidence and sense of achievement
- Fun and enjoyment
- Internal organ massage and improved digestion
- Stimulated lymphatic and circulatory systems

For more information or to discuss a referral, please contact us!

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