

## **WHAT IS GYMABILITY/REBOUND**

### **GYMABILITY**

Gymability is a specific program which enables those with a range of abilities to access physical activity which is suitable for their individual needs. The program provides the opportunity to:

- Increase flexibility.
- Increase strength.
- Increase mobility.
- Improve coordination
- Improve communication skills
- AND HAVE FUN!!!!

### **REBOUND**

Rebound is a program which uses the trampoline, double mini trampoline and trampet's to facilitate movement. Rebounding provides the opportunity to:

- Increase or decrease muscle tone.
- Promote relaxation.
- Promote sensory integration
- Improve fitness
- Increase exercise tolerance
- Improve communication skills
- AND HAVE FUN

Participants suitable for the Gymability/Rebound program range from those with mild to severe physical disabilities, mild to profound and multiple learning disabilities, dual sensory impairment and those on the autistic spectrum.

## **WHAT ARE THE BENEFITS OF GYMABILITY/REBOUND?**

The key benefits of this combined program are:

- Physiological
- Therapeutic
- Social

### **PHYSIOLOGICAL EFFECTS**

- Cardio-respiratory – with particular reference to rebound there is a high demand on muscles to deal with the effect of gravity on deceleration and acceleration in ambulant and non ambulant clients. Maintaining position and balance requires an increase in demand for oxygen.

- Muscle tone – Body tone can be increased or decreased dependent on the client and the disability. For example, using the rebound for relaxation enables a decrease in muscle tone with those who have severe spasticity.
- Postural mechanism – Both parts of the program aim to improve the postural imbalance through physical stimulation of joints, skin and muscle. The consequences of such stimulation can improve the postural muscles.
- Balance mechanism – As part of the program exercises are used which create a dynamic movement situation. This in turn challenges the balance mechanism which is particularly useful with adults where a dynamic balance situation is difficult to create in lying, sitting or kneeling.

### **THERAPUTIC EFFECTS**

- Movement – The types of exercises used in both Rebound and Gymability increase control over the movement as well as improving balance and coordination.
- Perception – The ability to take part in an exercise session such as Gymability/Rebound increases perception of body image, body part awareness and positional sense. With the rebound activity the experience of movement into space and return to stability provides a unique learning experience.
- Communication – vocalization is increased as stimulation is increased with exclamations, gasps, laughter, and eye contact.

### **IN CONCLUSION**

- Gymability/rebound is FUN
- It gives confidence
- It provides achievable targets
- Develops fitness
- Increases confidence and a feeling of wellbeing.

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