



# Rebound Therapy

## Therapeutic trampoline therapy

**REBOUND THERAPY is exercise therapy which uses a full sized trampoline to provide opportunities for movement, therapeutic exercise and recreation for people across virtually the whole spectrum of special needs.**

### Benefits include

- Build muscular strength
- Improve muscle tone
- Improve spacial awareness
- Improve balance and stamina
- Improve self-esteem and self image

Tuesdays 11-12:30  
Wednesdays 16-19:00

Book 1-1 slots at:

[https://  
GreenbankSportsAcademy.as.  
me/ReboundTherapy](https://GreenbankSportsAcademy.as.me/ReboundTherapy)

£6 for 20 minutes



To find out about our activity programme visit:  
[www.greenbanksportsacademy.co.uk/inclusive-sport](http://www.greenbanksportsacademy.co.uk/inclusive-sport)



*Rebound Therapy*

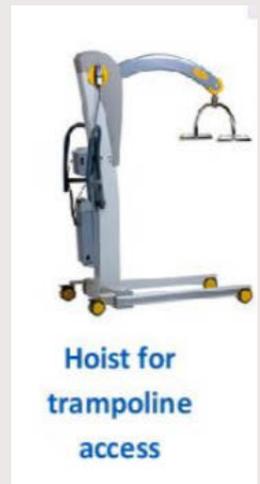
Greenbank Lane, Liverpool L17 1AG

Greenbank Sports Academy is part of Greenbank.  
Registered charity 513814



**Rebound Therapy Room available for Private Hire  
Enquire with Greenbank team for costs and availability**

- THE PHRASE 'REBOUND THERAPY' was coined in 1969 to describe the use of trampolines in providing therapeutic exercise and recreation for people with a wide range of special needs. Participants range from mild to severe physical disabilities and from mild to profound and multiple learning disabilities.
- Electronic Hoists are available to transfer participants onto the trampoline
- REBOUND THERAPY is used to facilitate movement, promote balance, promote an increase or decrease in muscle tone, promote relaxation, promote sensory integration, improve fitness and exercise tolerance, and to improve communication skills.



Contact the **Greenbank Team** on:

**0151 280 7757**

**Sports.Academy@greenbank.org.uk**

**www.greenbanksportsacademy.co.uk**

This is a great opportunity to find out what is on offer at Greenbank Sports Academy, wider outreach opportunities and to try out some new activities, exercise or sports!



Let's Get  
**ACTIVE**