

Opinion Piece – Highlight September 2019:

# ‘Defining rebound therapy - and where it fits within Occupational Therapy’

by Callum MacKinnon (Founder & Occupational Therapist - bOunceT)

In the UK ‘rebound therapy’ is a descriptive term which means the therapeutic use of a trampoline (Intellectual Property Office, 2013)... think of this as an intervention that a wide range of people are trained in delivering either within their workplace or in the community.

It does not define a business and there is no regulatory body for rebound therapy.

As there is no regulatory body for this intervention, there is no one-single organisation who can deliver training in rebound therapy and there is no membership or license to accredit you to do this (Advertising Standards Authority, 2016).

There are ‘best practice’ guidelines published by various organisations who deliver different models of rebound therapy, such as the Chartered Society of Physiotherapy (CSP) - but naturally you need to take training from a qualified Physiotherapist to follow these guidelines. See their guidance here:

[https://www.csp.org.uk/system/files/safe\\_practice\\_in\\_rebound\\_therapy\\_01\\_10\\_16\\_0.pdf](https://www.csp.org.uk/system/files/safe_practice_in_rebound_therapy_01_10_16_0.pdf)

I, as a registered Occupational Therapist (OT), am regulated to by Health Care Professions Council (HCPC) and member of the Royal College of Occupational Therapists (RCOT). I deliver rebound therapy - otherwise known as trampoline therapy - in my professional practice as an OT.

You can check me out on their Register here and find out more about my governing bodies via these links:

**HCPC:** <https://www.hcpc-uk.org/check-the-register/>

**RCOT:** <https://www.rcot.co.uk/about-occupational-therapy/what-is-occupational-therapy>



Having had positive conversations with both RCOT & CSP, it is accepted that I refer to the CSP guidelines because of my qualifications and registration to HCPC - but over time I hope to publish joint OT & Physiotherapy guidelines for registered Allied Health Professionals (AHP's) delivering rebound therapy as an intervention in clinical practice.

I set up the multi award-winning service ‘Forth Valley Rebound Therapy Service CIC’ - now known as ‘bOunceT Innovative Occupational Therapy CIC’ from my initial interest and training in rebound therapy a few years ago. There was overwhelming support for the service’s activities from other ‘customers’ than just the individuals receiving the intervention e.g. professionals in Education, Health & Social Services and families/ carers of individuals with disabilities – all of whom were all excited to engage with the service.

I used my skills as a professional OT to make this service as accessible as possible and of a high quality for children and adults with disabilities across Forth Valley to attend.

Over the last 2 years since graduating, I have developed the programme significantly and am now reflecting this within the company's re-brand to an OT focussed brand.

*"bOunceT exists to promOTE independence one bounce at a time!"*

We are 'leading the development of the first OT model for rebound therapy' ... basically we are already doing, showing and proving to others how hosting OT for children and adults with disabilities on a trampoline can help service users in a variety of ways. I like to call the intervention we deliver the 'bOunceT model of rebound therapy' or 'trampoline-based play and meaningful movement' activity sessions; I think this communicates what we do on a day-to-day basis a little clearer.

It is important to note that despite having the relevant qualifications, experience and brand built from where it started in 2017, the harshest criticisms I have received about the service are from OT's themselves as they did not understand 'what I do'. Some professionals have told me that because it is 'different' to set up in independent practice 'so young' and 'not have worked in the NHS' that what I am doing is alien.

This needs to change and I am proud to be proof that change can happen.

To summarise... at bOunceT we...

1. **Are a certified Social Enterprise:** non-profit organisation (Community Interest Company).
2. **Have a registered UK trademark:** our logo has authorised I.P protection so only we can continue to professionally develop our brand.
3. **Are occupation centred & activity-based:** trampoline & sensory play activities used to motivate individuals and encourage participation in physical activity. All tailored to the needs of each individual.
4. **SMART goal orientated:** Specific (S), Measurable (M), Achievable (A), Realistic (R ), Timely (T).
5. **Provide parent education:** using an Occupational Performance Coaching model.
6. **Follow these values:** stand for PLAY:

*-P (Play Plans: Person-centred approach & personalised treatment).*

*-L (Leisure: Fun, inclusive games as a meaningful occupation (activity) on its own - or as a way to achieve other developmental goals by increasing motivation for participation. We can adapt + modify activities and our approach for each individual to promote inclusion, therefore making bOunceT accessible for all).*

*-A (Assessment & Adventure: We believe everyone should experience some adventure and excitement in a safe and controlled environment. Our OT and Play Coordinator can provide quality assessments and set relevant goals to achieve improved health and wellbeing outcomes).*

*-Y (You decide!: We tailor 1:1 or group sessions to your interests, likes & will*



*continue to learn from your feedback)*

7. **Offer a range of services:** Please see website link for more info:  
[www.bouncet.com](http://www.bouncet.com)

We are proud to support a variety of students across different Scottish universities by offering accredited work placements to:

- MSc & BSc (Hons) Occupational Therapy students at Glasgow Caledonian University & Queen Margaret University.
- 4<sup>th</sup> Year Psychology students at University of Stirling.

More recently, we have provided some support to an MSc student writing her dissertation on the topic of where does rebound therapy fit into Occupational Therapy practice. I am excited at this potentially being the first of many research projects into the benefit of using rebound therapy/ trampoline therapy in OT practice.

I fully understand bOunceT needs to invest into researching the effectiveness of what we do - both from an academic perspective, as well as a social impact perspective.

We are already in discussions with various academics from universities who may be able to support us with this work.

The Scottish government are a great resource for businesses like us by allowing us to access small pots of funding to deliver joint projects with universities; therefore allowing bOunceT to start writing the first of (hopefully) many research papers about the benefits of our service.

Thus, in short:

- we have a trademark...
- we have the qualifications, skills and passion to develop this innovative enterprise...
- we are happy to answer any questions you may have about what we do - and what we don't do in practice...

I look forward to posting more blogs about our journey as a growing social enterprise and 'diverse' OT service!

Thank you for your time and attention.

*Callum MacKinnon*

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Health and Care Professions Council (HCPC) Registered: OT75956

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