

Rebound therapy trampoline rooms



Details

What is rebound therapy?

Rebound Therapy describes a specific methodology, assessment and programme of use of trampolines to provide opportunities for enhanced movement patterns, therapeutic positioning, exercise and recreation for a wide range of users with additional needs.

Increasingly important in SEN schools and for rehabilitation, bespoke rebound therapy rooms can be a favourite room for children in any new school.

What is involved in fitting out a rebound therapy room?

The main elements of a rebound therapy room are:

- The trampoline
- A pit or podium for the trampoline

- Wall padding
- Floor padding
- Access to the trampoline
- Harnesses / hoists
- Accessories (parachutes, inflatables, toys and games)

Continental manufactures trampolines, wall padding, podiums and cushioned flooring and is therefore ideally placed to provide a complete fit-out service for your rebound therapy room.

What type of trampoline is installed?

There are two options for the type of trampoline:

- Standard trampoline - normally a 77 size trampoline but sometimes a larger 99 size
- Bespoke trampoline - a bespoke solution to suit the size of your room. Normally used in rooms that cannot accommodate a 77 size trampoline. We install a special metal frame fixed to the walls of a recess. But please be aware that the absolute minimum size of bed for a recessed trampoline approved by the Rebound Therapy Organisation is 2,900mm x 1,300mm which requires an absolute minimum pit size of 3,510mm x 1,910mm x 750mm.

What type of bed is best for rebound therapy?

We recommend Continental's own "UltraMesh" beds for rebound therapy which is a material and bed design we developed specifically in conjunction with ReboundTherapy.org - they are high-grip, wipe clean and are available in grey, red, blue or green colours. We make standard size UltraMesh beds to suit a 77 trampoline and we manufacture bespoke UltraMesh beds for bespoke trampolines. Please note that the widest UltraMesh bed we can make is 1,950mm (to suit a pit 2,560mm wide). For larger bed areas such as for a 99 trampoline we recommend a 13mm wide nylon web bed.

What coverall padding is provided on the trampoline?

The trampoline is provided without standard coverall pads, but instead specially extended coverall pads are manufactured to suit the room that extend over the springs and frame and onto the surrounding floor.

Do I need a recessed pit or a raised podium?

To accommodate a trampoline in a rebound therapy room, you will require either:

- A recessed pit - a below floor level hole in the ground into which a standard trampoline is lowered or to which a bespoke trampoline is fixed. This is the preferred method as it allows easy floor level access onto the trampoline bed.
- A raised podium - an above the floor metal and timber construction with steps up to it to provide a raised platform around the trampoline. If you cannot create a recess in your room, then subject to ceiling height we can create a

podium style raised "recess" to accommodate the trampoline - this can include padded balustrades, padded steps etc. to suit your requirements - see example images above. With this arrangement it is important to consider clear height above the trampoline and how users will access the raised area.

- A movable pit system - for rooms that will be multi-purpose we can provide a system with a floor covering that allows the room to be used as say an assembly hall or a sports hall which then lifts out of the way using an electrically operated under floor system to expose the trampoline - see here for more details of this system.

What do you put on the walls?

For areas where there is a risk of a user or carer coming into accidental contact with a wall we recommend wall padding is installed. We manufacture removable PVC covered padded wall panels that are fixed to the walls using timber bearers and velcro (panels must be easily removable in the event of accidents / damage). Some customers continue that padding for aesthetic consistency to all walls even when the risk of contact is negligible.

The PVC used for coveralls and wall padding is washable and is available in a range of stock colours (blue, red, green, yellow, jade, white) and a huge range of some 23 "special" colours.

What flooring is necessary?

We recommend cushioned flooring is installed throughout the room. Our Tribond foam and carpet material is ideal. It is 35mm thick and can be glued directly to a concrete floor. It is cushioned but sufficiently firm to provide a soft flooring for people to sit on or undertake activities on, but has a firm enough carpet surface to allow wheelchairs to move on it. Tribond is available in a range of colours including grey, blue, green and black

As an alternative we can provide PVC covered foam matting on the floor but please note that it is harder (or impossible) to move wheelchairs on such a surface.

What about harnesses and hoists?

We do not supply or install those but we have supply chain partners who can offer those items to suit your requirements as part of a turnkey solution.

What are the next steps?

Please contact us for a quotation for a complete fit-out of your rebound therapy room. We need the dimensions of the room and door locations - and ideally a decision on whether you will provide a recess below floor level or if you want us to create a raised podium - and we can make a proposal for the rest. We can provide 3D simulations of the finished room so you can ensure it meets your requirements. Please also refer to the [Rebound Therapy Association](#) for more assistance.

