

Resistance Bands, Balls and Balance

5 July 2019

Introduction

The one-day “Resistance Bands, Balls and Balance” course includes lectures and hands-on lab activities using elastic resistance bands, exercise balls and balance training devices to improve muscular strength, endurance and flexibility and promote functional independence. Participants will learn the scientific basis for use of these devices to enhance their clinical decision making and problem solving skills.

Course Objectives

- 1) Understand the scientific basis for elastic resistance and proprioceptive training
- 2) Demonstrate correct patient positioning, and appropriate use of elastic resistance and proprioceptive training devices
- 3) Understand appropriate dosing for elastic resistance and proprioceptive exercises
- 4) Learn how to appropriately progress elastic resistance and proprioceptive exercises

Course Outline

The course will cover the following topics:

- How does elastic resistance compare to other modes of training (isotonic, isometric, etc)?
- Measuring and documenting resistance and exercise intensity when using elastic resistance bands
- Train functional stability using proprioceptive and balance devices
- Evidence-based and clinically relevant exercise progressions for a wide range of patient populations, including musculoskeletal, neurological and geriatric patient groups

Target Audience

Occupational Therapists, Physiotherapists

Course Details

Date	: 5 July 2019
Duration	: 1 day
Time	: 9.00 am – 5.00 pm
Venue	: Therapy Skills Training Lab Academia Level 1 20 College Road S (169856)
Fee	: S\$265 per pax (SingHealth staff & SAOT Member) S\$295 per pax (Regular)

Teaching Faculty



Ms Natalie Chew is a Senior Principal Occupational Therapist from the Singapore General Hospital. She graduated with a Master in Advanced Occupational Therapy from La Trobe University. She has been

a qualified trainer with Theraband Academy since 2010. Natalie has over 17 years experience working in Singapore General Hospital. Her clinical experience includes acute care, inpatient and outpatient rehabilitation as well as home therapy, with specialist knowledge in neurorehabilitation and the use of technology to enhance rehabilitation.

Contact & Enquiries

Miss Joyce Lee
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Email: joyce.lee.g.l@sgh.com.sg

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Registration Slip

Resistance Bands, Balls and Balance

5 July 2019

Submit your registration form to **Joyce Lee** at joyce.lee.g.l@sgh.com.sg by **21 June 2019!**

The information provided for course registration is true and accurate to the best of my knowledge. Submission of any false information will render my application void with no refund of registration fee. Submission of my professional certification or qualifications for auditing purpose may be required.

By registering for the course, you agree to the terms & conditions of PGAHI. Click [here](#) or refer to PGAHI website for more information.

PARTICIPANT'S PARTICULARS

Name *(to be reflected on cert)*:

Contact no.:

Email:

Profession:

AHP *(please indicate)*: _____ Doctor Nurse Others: _____

Department:

Organisation:

SAOT Membership no. *(if applicable)*:

Any cancellation or replacement must be conveyed to PGAHI in writing. A cancellation fee of 50% of course fee will be charged if the cancellation is made before **21 June 2019**. There will be no refund of course fee for cancellation on or after **21 June 2019**. PGAHI reserves the right to cancel the course and fully refund the amount of registration fee paid to the participants should unforeseen circumstances necessitate it.

For **cheque payment**, please issue a **crossed cheque** payable to "Singapore General Hospital Pte Ltd" and mail the cheque attention to **Joyce Lee, SGH-PGAHI, 20 College Road, Academia, Level 2, Singapore 169856**.

For **invoice to organisation**, please complete the below billing details:

BILLING DETAILS

Bill to:

Billing address:

Attention invoice to *(name & department)*:

Email of addressee:

Contact no. of addressee:

I consent to Singapore General Hospital and its related corporations (collectively 'SingHealth'), their agents and SingHealth's authorised service providers collecting, using, disclosing and/or processing my personal data, in order to send me marketing materials, etc.

I confirm and agree that my consents granted herein do not supersede or replace any other consents which I may have previously provided to SingHealth in respect of my personal data, and are additional to any rights which SingHealth may have at law to collect, use or disclose my personal data.

By providing the information set out in this form and submitting the same to you, I confirm that I have read, understood and consent to the SingHealth Data Protection Policy, a copy of which is available at <http://www.singhealth.com.sg/pdpa>. Hard copies are also available on request.