



The Science of Resistance Bands for Strength, Balance and Stability

11 February 2022

Introduction

The use of resistance bands and stability training devices have become increasingly popular in professional gyms as well as in home training programs for individuals of all ages and at any level of fitness. This course aims to provide the learner with the scientific rationale for the use of elastic resistance bands as compared to other forms of strength training and understand the principles for dosing elastic resistance exercises, learn additional uses of resistance bands for balance and stability, as well as multi-planar exercises.

Course Objectives

1. Understand the scientific basis for the use of elastic resistance
2. Describe the therapeutic goals which can be achieved with elastic resistance (strength training, stability training and flexibility)
3. Learn and demonstrate a variety of ways to appropriately use elastic resistance to achieve therapeutic goals
4. Understand the scientific basis for balance and stability devices
5. Describe the use of balance and stability devices
6. Plan a sequence of exercises with appropriate dosing for relevant patient populations

Course Outline

1. Scientific principles of elastic resistance training
2. Set-up and positioning for resistance band training
3. Dosing and intensity of resistance band exercises
4. Training balance and stability with resistance bands and balance and stability devices
5. Designing an exercise program for different patient populations

Target Audience

Occupational Therapists & Physiotherapists

*Notwithstanding the provision of door anchor, registration in pairs is **strongly** encouraged so that participants will be able to perform and practise activities included in the course for enhanced learning effectiveness.*

Course Details

Date	: 11 February 2022
Time	: 9.00 am – 5.00 pm
Duration	: 7 Hours
Class size	: 20 pax
Platform	: Zoom Cloud Meetings
Device required	: Laptop/Desktop (with microphone, speaker and webcam)
Platform	: Zoom Cloud Meetings
Fee per pax (incl of 7% GST)	: S\$320 (SingHealth staff/ SAOT or SPA member) S\$350 (Regular)

Teaching Faculty

Natalie Chew

Senior Principal Occupational Therapist
Singapore General Hospital

Ms Natalie Chew has worked as an Occupational Therapist at SGH since 1998. Her clinical experience includes acute care, inpatient and out-patient rehabilitation as well as home therapy, with specialist knowledge in neurorehabilitation. She is always looking for ways to promote the carry over of therapy recommendations from the clinic to home. Natalie also has an interest in the use of technology to enhance rehabilitation.

Natalie has been a qualified trainer with Theraband Academy since 2010, when she attended the Train the Trainers course in Germany.

Registration

To register, scan the QR code or click on the web link.
Registration closes on **21 January 2022, Friday**.



<https://form.gov.sg/61ad8fd3e246750014ca057f>

Upon registration, you agree to the PGAHI [Terms & Conditions](#).

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