

Beyond Bands

Evidence-Based Progression of Elastic & Proprioceptive Exercises

Date: Saturday, March 20, 2010

Location: Regional Learning Alliance
<http://www.therla.org/>
850 Cranberry Woods Drive
Cranberry Twp., PA 16066
724.741.1000

Contact for Registration:
Chris Hughes
chrisjhughes@consolidated.net

CEUs: 7 hours of CEUs granted
through PA State Board of PT

Cost: \$75

Speaker: Omar Ross DPT, ATC

Dr Ross graduated from the University of Southern Mississippi receiving a B.S. in Sports Medicine in 1994. From 1994 to 2001, Dr Ross performed athletic training duties at various sports medicine centers. He completed his DPT degree in 2004 at Slippery Rock University. Dr Ross is employed at North Hills Orthopedic and Sports Physical Therapy in Sewickley, Pennsylvania.

Beyond Bands

Evidence-Based Progression of Elastic & Proprioceptive Exercises



Course Description

“Beyond Bands” is an evidence-based practical workshop that provides clinically relevant therapeutic exercise progressions. Using inexpensive and readily available equipment, this workshop will help improve clinical decision-making and problem solving skills for physical therapists and physical therapist assistants at all levels. This intensive workshop includes lecture and hands-on lab activities using progressive elastic resistance and progressive proprioception exercises using exercise balls, and balance training devices. Participants will learn the scientific basis for impairment-based exercise progressions including state of the art EMG analysis and proper patient positioning for appropriately-dosed exercise prescription. Participants will improve their clinical decision making and take away immediate clinical applications based on the latest research from around the world.

Course Objectives

1. Understand the scientific basis for elastic resistance exercise prescription and progression
2. Demonstrate the appropriate use of elastic resistance devices
3. Understand the scientific basis for proprioceptive training and progression
4. Demonstrate appropriate use of proprioceptive training devices

Course Info

This workshop includes hands-on lab activities. Participants should wear athletic clothing and must sign a release of liability prior to the workshop.



The Thera-Band Academy has partnered with Physical Therapy schools to provide this “Beyond Bands” workshop as a student fund-raiser.

Course Schedule

(7 contact hours)

0800-0830	Registration
0830-1000	Elastic Resistance Lecture
1000-1015	Break
1015-1215	Elastic Resistance Lab
1215-100	Lunch
100-200	Proprioception Lecture
200-300	Proprioception Lab
300-315	Break
315-445	Clinical Progression Lab

Registration

Deadline March 10, 2010

Full Name (for certificate): _____

Contact Information

Phone: _____

Email: (for confirmation & updates) _____

Address: _____

Credentials: ___ PT ___ PTA ___ other

Lunch:

Choice 1 box lunch = 13.95

Lunch on my own _____

Cost of conference: 75.00

Option of lunch (fee): _____

Total: _____

Checks payable to:

SRU DPT Class of 2011

Mail to: Slippery Rock University
1 Morrow Way, Room 204, PT Bldg
ATTN : Diane Carion
Slippery Rock, PA 16057