

Beyond Bands

Evidence-Based Progression of Elastic & Proprioceptive Exercises

Date: Saturday, April 10, 2010

Location: Shenandoah University
Division of Physical Therapy
333 W.Cork St. Suite 40
Winchester VA 22601
540-665-5520

Contact for Registration:

Connie Fitzgerald
540-665-5520

CEUs: 7.0 CEUs applied for

Cost: PT/ PTA \$100
SUPT Alumni or CI \$50

Speaker: Barton Bishop, DPT, SCS, CSCS
Dr. Bishop graduated from Creighton University in Omaha, Nebraska with a Doctor of Physical Therapy in May of 2003. He specializes in the treatment of athletes and has been a Certified Strength and Conditioning Specialist since 2003. In 2007, Dr. Bishop is also a Board Certified Specialist in Sports Physical Therapy by the American Board of Physical Therapy Specialties.

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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 prescription
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
1215-1300	Lunch
1300-200	Proprioception Lecture
200-300	Proprioception Lab
300-315	Break
315-445	Clinical Progression Lab

