

# Beyond Bands

## Evidence-Based Progression of Elastic & Proprioceptive Exercises

**Date:** Saturday, April 17, 2010

**Location:** Wichita State University  
Department of PT  
358 North Main,  
Wichita, KS 67202  
316-978-3604

**Contact for Registration:**  
Linda Debbrecht  
Linda.debbrecht@wichita.edu

**CEUs:** 7.0 CEUs applied for

**Cost:** \$100.00

**Speaker:** Mark A. Anderson, PT, PhD, ATC, is an Associate Professor in the Department of Rehabilitation Science, Program in Physical Therapy at the University of Oklahoma Health Sciences Center in Oklahoma City. Dr. Anderson has lectured extensively in the areas of sports medicine, emergency care, and orthopedic rehabilitation. Dr. Anderson has conducted research in the areas of functional rehabilitation in sports medicine, eccentric exercise, and factors related to injury in an athletic population.

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

