

**BEYOND BANDS:
EVIDENCE-BASED
PROGRESSION OF ELASTIC
& PROPRIOCEPTIVE EXERCISES**

**Saturday, March 27, 2010
8:30 am – 5:00 pm
\$125 in advance
\$150 at the door
\$85 Delgado PTA Alumni, Clinical
Educators and Volunteers**

REGISTRATION FORM

Please enroll me in the “Beyond Bands: Evidence-Based Progression of Elastic & Proprioceptive Exercises” course, 7 CEU hours credit, March 27, 2010. Enclosed is my check for \$_____. Please make check payable to “Delgado Foundation.” We are sorry, but we are unable to take credit cards.

Name _____

Address _____

City / State / Zip _____

Work Phone _____

Home Phone _____

Cell Phone _____

E-mail _____

Please indicate
if you are: alumni clinical educator volunteer

To register, send this form, along with your check payable to “Delgado Foundation,” to:

Susan Welsh, PT, PhD
Delgado PTA Program
615 City Park Avenue
New Orleans, LA 70119

**DELGADO PTA PROGRAM FUND-RAISER!
DISCOUNTS FOR ALUMNI, CLS & VOLUNTEERS!**

Delgado PTA Program
Susan Welsh, PT, PhD
615 City Park Avenue
New Orleans, LA 70119

**THERA-BAND ACADEMY
AND
DELGADO PTA PROGRAM**

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ANDRÉ LABBÉ, PT, MOMT

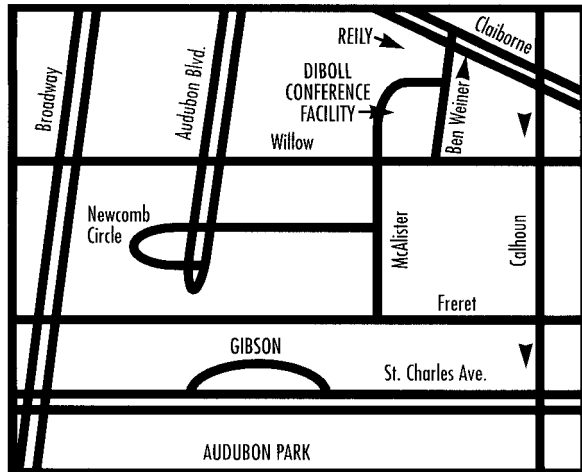
**Saturday, March 27, 2010
8:30 am – 5:00 pm
Diboll Conference Center
New Orleans, Louisiana**

*Approved for 7 CEU credit hours by the
LSBPTE for PTs and PTAs*



**For more information or to reserve your space, contact
Susan Welsh at swelsh@dcc.edu or call 504-671-6240**

Diboll Conference Center
Tulane University Campus
6823 St. Charles Avenue
New Orleans, Louisiana



Directions from I-10 to Diboll Conference Center, Tulane University campus:

- Take the Carrollton Avenue southbound exit from I-10 toward Tulane University. Follow South Carrollton until you get to St. Charles Avenue and turn left.
- Go to Broadway and turn left. (You will need to go past Broadway and make a “U” turn, then return to Broadway and make a right turn.)
- Go to the first light, which is Freret Street, and turn right.
- Go to the next light at McAlister Drive and turn left.
- Follow McAlister Drive, which is a one-way street, through campus. It will curve in front of the Reilly Recreation Center and will come to a dead end at Ben Weiner Drive.
- The Tulane Parking Garage is on your right at the corner of McAlister Drive and Ben Weiner Drive. Diboll Conference Center is on the first floor of the same building that you will park in.

Beyond Bands: Evidence-Based Progression of Elastic & Proprioceptive Exercises

André Labbé, PT, MOMT

Saturday, March 27, 2010
8:30 am – 5:00 pm
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New Orleans, Louisiana

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“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 PTs and PTAs at all levels to improve their clinical decision-making and problem-solving skills.

This intensive workshop includes lecture and hands-on lab activities. Participants will learn the scientific basis for impairment-based exercise progressions, including state-of-the-art EMG analysis of exercises, proper patient positioning, and appropriately-dosed exercise prescription.

Lab activities will train the participants to use elastic resistance, exercise balls, and balance training devices for progressive resistance exercise, proprioceptive exercise, and balance training.

COURSE OBJECTIVES

At the conclusion of this seven-hour course, the participant will:

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.



INSTRUCTOR

André Labbé, PT, MOMT, in private practice since 1991, owns two out-patient PT clinics in New Orleans. He specializes in manual therapy and functional training and teaches nationally and internationally on various exercise and rehabilitation-related topics. André has a special interest in adapting the principles and techniques of Olympic weight lifting into other sports to enhance performance and prevent injury.



COURSE INFORMATION

This workshop involves 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 the Delgado Physical Therapist Assistant Program to provide this “Beyond Bands” workshop as a student fund-raiser.