

Beyond Bands

Evidence-Based Progression of Elastic & Proprioceptive Exercises

“Beyond Bands” is a one-day (7 hour) hands-on workshop that teaches the scientific and clinical progression of inexpensive and portable rehabilitation tools. The workshop is sponsored by Thera-Band.

Course Objectives

- Understand the scientific basis for elastic resistance exercise prescription and prescription
- Demonstrate the appropriate use of elastic resistance devices
- Understand the scientific basis for proprioceptive training and progression
- Demonstrate appropriate use of proprioceptive training devices



This intensive workshop includes:

- Lecture and hands-on lab activities
- Progressive elastic resistance
- Progressive proprioception exercises
- Exercise balls, and balance training devices
- State of the art EMG analysis
- Proper patient positioning for appropriately-dosed exercise prescription.

Course Instructor:

Mark A. Anderson, PT, PhD, ATC
(405) 271-2131 ext 47114
mark-anderson@ouhsc.edu

December 12, 2009
8:00am - 5:00pm

Registration Fees*:

PT & PTA: **\$75** before November 20
\$100 after November 20

Student: **\$35**

*Registration limited to 60

*Lunch provided



7 Contact Hours!!
7 CEUs!!

College of Allied Health
University of Oklahoma Health Sciences Center
1200 North Stonewall
Oklahoma City, OK 73117-1215
Room/Lab 2006

Beyond Bands
Continuing Education Registration Form
December 12, 2009 OU Health Sciences Center

Name _____ Date _____

PT ____ PTA ____ Student ____ Amount Paid _____

Sandwich: Ham ____ Turkey ____ Roast Beef ____ Veggie ____

Make checks payable to **SPTA** and mail to:

College of Allied Health, Room 3108
University of Oklahoma Health Sciences Center
1200 North Stonewall
Oklahoma City, OK 73117-1215

*Contact Mark Anderson at (405) 271-2131 ext 47114 for more information
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