



THERABAND workshop – 14th June 2009

Bands, Balls & Balance is designed to add a new dimension to the clinical rehabilitation skills of **professional therapists** and **athletic trainers** using a scientific and systematic approach. The emphasis of this course is to provide scientific information to improve **problem-solving skills** in order to support **evidence-based practice** and improve **clinical decision-making**. The main goal of this course is to educate therapists in the application of techniques of **Therabands, Gym Balls & Balance trainers** into a modular technique to adapt to various clinical conditions - whether it be Cerebral Palsy patient or Hemiplegics or more conventional Knee pain or even a post operative rehabilitation of ACL injury or a simple ankle sprain. The course does not offer a cook book recipe but gives you extensive skills to design your own set of exercises using inexpensive and readily available equipment.

The **first half** of the course includes **dedicated scientific lecture** with course material provided by Theraband Academy. The **second half** involves proper **hands-on training** in prescribing **resistive** and **balance training** using actual equipment including **elastic resistance, exercise balls, and balance tools**.

- ▶ Evidence-based with over 400 scientific references.
- ▶ Introduces European concepts of functional exercise and integrate with American concepts.
- ▶ Offers multiple innovations for exercise interventions for upper body, lower body, and spine.
- ▶ Balls Balance and Band is a workshop designed for healthcare providers with experience in prescribing exercise and rehabilitation programs.

Theraband Bands, Balls & Balances programme

Jupiter Hospital, Thane

14th June 2009

REGISTRATION FORM

Name: _____ Age: _____ M / F

Institute/ Hospital: _____

Address: _____
City: _____ Pin Code: _____

Phone no with STD (Clinic): _____ Mobile: _____

Phone (R): _____ Fax: _____ E-mail: _____

Conference Registration Charges:

Tick correct option

Theraband Bands, Balls & Balances workshop 15th March Rs.2500/-

DD/Cheque in name of Payable at

Demand Draft No.: _____ DD Amount: _____ Date of DD _____

Name of Bank: _____ Branch / Town: _____

CONTACT:

Dr. Ashish Babhulkar

Clinic: 020 2545 0404 docshoulder@gmail.com

Mr. Ashish Thakur

022- 40032780-84, medtechi@gmail.com

Courier your Registration forms to

3, Anant, Income Tax Lane, Off Karve Road, Pune 411 004 T 020 2545 0404

Forms available on website www.jointandbones.com

Please make sure to wear loose fitting, comfortable clothes (tank top) to participate in the lab sessions.