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New Thera-Band® Workshop Benefits PT Schools' Initiatives and the Foundation for Physical Therapy

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

Akron, Ohio – February 15, 2010 – The Thera-Band Academy is partnering with physical therapy and physical therapist assistant schools to present *Beyond Bands: Evidence-Based Progression of Elastic and Proprioceptive Exercise.* Proceeds from this one-day workshop go back to students at sponsor schools to support their own initiatives, including the Foundation for Physical Therapy's Miami-Marquette Challenge. The Thera-Band Academy has partnered with ten PT and PTA schools to host the workshops through April 2010. A list of workshop dates, locations and contacts is provided at http://info.thera-bandacademy.com/beyondbands

"Evidence-based practice is a very common mantra among physical therapists today. Over 10 years ago, the Thera-Band Academy was formed to help link evidence to practice, by establishing a comprehensive database of research that supports commonly-used products in the clinic such as resistance bands and exercise balls. In addition to having evidence, it's important to share that evidence with physical therapists through continuing education," stated Phil Page, PhD, PT, ATC, CSCS, director of clinical education and research for the Thera-Band Academy. "Practical and relevant research, however, requires a continuous cycle of funding. We realized that in order to fully support evidence-based physical therapy, we needed to also support fund-raising efforts. To create a win-win situation, we decided to create an evidence-based continuing education program that also serves as a fund raiser for the physical therapy schools to 'give back' to the industry."

The *Beyond Bands: Evidence-Based Progression of Elastic and Proprioceptive Exercise* workshop is a practical and hands-on experience for physical therapists and physical therapist assistants that provides clinically relevant, therapeutic exercise progressions and uses inexpensive and readily available equipment. Sixty-percent of the class time is spent on lab work and 40% is devoted to lecture. Participants 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. The

workshop's activities include progressive elastic resistance and progressive proprioception exercises with exercise balls and balance training devices.

"The workshop was developed to help support evidence-based practice with readily available equipment like resistance bands and exercise balls," continued Page. "The workshop emphasizes immediate clinical applications based on the latest research from around the world. We are very pleased that the program is beneficial and successful on so many levels, plus provides exposure for the Thera-Band Academy and what we do. The Academy's web site, www.Thera-BandAcademy.com, connects healthcare professionals and consumers to the ever growing body of research, protocols and exercise."

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The Thera-Band® Academy was formed to scientifically document the benefits of resistance exercise, guide the company in its development of new product and exercise programs, and to promote therapeutic exercise through professional and consumer education. www.Thera-BandAcademy.com

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