

Break out the Bands!

Pros: Portable, affordable, versatile, many exercises can be done seated

Cons: Correct technique important (speed), safety, (grip, under foot, care when finished set)

1.8 – 2 meters ideal. 1.5 too short. Intensity – all different.

Sources: K Mart \$6 pink/light. \$8 green/medium \$10 grey/hard. Torpedo \$14.99 Circuband.

Rebel \$19. Para rubber. Physios. Whiteley Allcare (physio suppliers)

KEY POINTS	<p>Mirror muscles vs postural muscles</p> <p>Reasons back work is so important? Ratio?</p> <p>Possible anchors: Bannister, railing, pole, column, tree, table leg, clothes line,</p> <p>Partner work – standing if possible, if hard to grip in sitting – behind legs</p> <p>Pros: Interactive, Team work, Rest opportunity, Core work</p> <p>Cons: Mismatch – overbalance</p> <p>Cueing: Repeatedly cue grip and anchor with foot etc. “Wrap it around your palm/s a couple of times” Constantly cue best resistance.</p>
ARMS	<p>Bicep curl – watch grip re tennis elbow issues</p> <p>Tricep extension – dart – vary plane if shoulder allows</p>
BACK	<p>Row – around anchor or with partner</p> <p>Bent over row – single or double</p> <p>Bow and arrow</p> <p>Stretch /Relax (vary the plane)</p> <p>Pulldown (high to low) anchor or tree (wide/reverse to chin)</p> <p>Straight arm pulldown</p> <p>Rear flies – anchor or partner</p>
CHEST	<p>Pec flies – anchor or partner</p> <p>Press – anchor or partner</p> <p>Single punch (vary the plane)</p> <p>Easy to use body weight - Wall, bench, chair, floor</p>
	<p>Combos: Lunge / curl 1. Heel flat, 2. Heel high, 3. Step each time</p> <p>Tri Ext / Shoulder press</p> <p>Squat / Adduction</p>

SHOULDERS		Press – single (BP issues)
		Front raise - lat raise – upright row (abduction) risk vs reward? ADL?
		Open cupboards (internal and external rotation) Rotator cuff rehab.
		Shrugs & rolls
TORSO/CORE		Woodchopper
		Pallof press
		Oblique turn (rather than twist)
HIP		Abduction – seated (looped) Side swings - standing
		Crab or monster walk – looped or flat band
		Squats (multi joint – hip, knee, ankle)
		Seated hip flexor
		Extension – looped – around chair leg
KNEE		Seated: Leg press
		Seated: Extension – grip band inside leg
		Hamstrings– very tricky!
ANKLE		Flexion/Extension seated (care with this)
		Toe taps Seated or standing
MISC		Scrunchies
		Use as oar / fly fishing
		Balance beam or stepping over
		Stretch aid / yoga strap