

Workshop Notice

“Theraband Workshop – Extensive Application of Theraband Modalities in Clinical Settings”

Course Coordinator: -

Dr. Deepak Malhotra

Assistant Professor

Department of Physiotherapy,

Jamia Hamdard

(Certified Theraband trainer)

Workshop Schedule:

Day 1

03 February (Friday)	
9.00 am to 9.15 am	Registration
9.15 am to 10.30 am	Biomechanical Principles of Elastic Resistance Training
10.30 am to 11.15 am	Lab Activities
11.15 am – 11.30 am	Tea Break
11.30 am to 11.45 am	Elastic Resistance Training – Patient positioning and dosing
11.45 am to 12.15 pm	Lab Activities
12.15 am to 12.45 pm	Elastic Resistance Intensity and Its Progression
12.45 pm to 1.15 pm	Lab Activities
1.15 pm to 1.45 pm	Lunch Break
1.45 pm to 3.15 pm	Lab Activities – Use of Elastic Resistance for Spinal, Shoulder Girdle, Upper Limb & Lower Limb Exercises
3.15 pm to 4.00 pm	Elastic Resistance Training Clinical Applications – I Lab Activities - Clinical Applications – I
4.00 pm to 4.15 pm	Tea Break
4.15 pm to 5.00 pm	Elastic Resistance Training Clinical Applications – II Lab Activities - Clinical Applications – II
4.45 pm to 5.45 pm	Science of Theraband Flex Bar Lab Activities
02:30pm – 03:30pm	Sensory Motor Training

Venue: - CPRS, Computer Lab, JMI

Organized by:

Centre for Physiotherapy and Rehabilitation Sciences,
Jamia Millia Islamia, New Delhi 110025

Prof. M. Ejaz Hussain
Director

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Day 2

04 February (Saturday)	
9.00 am to 9.45 am	Proprioceptive Training – Neurophysiological Basis & Different Modalities of Proprioceptive Training
9.45 am to 11.15 am	Lab Activities – Different Modalities of Proprioceptive Training
11.15 am to 11.30 am	Tea Break
11.30 am to 12 pm	Exercise Ball Training
12 pm to 1.15 pm	Lab Activities – Exercise Ball ; Mobility and Flexibility & Core Stabilisation
1.15 pm to 1.45 pm	Lunch Break
1.45 pm to 2.45 pm	Lab Activities – Exercise Ball ; Cervical Stabilisation, Trunk Strengthening, Upper Extremity and Lower Extremity Exercises
2.45 pm to 4.15 pm	Functional Training Lab Activities
4.15 pm to 4.30 pm	Tea Break
4.30 pm to 5.00 pm	Examination
5.00 pm to 5.30 pm	Question and Answers, Certificate Distribution, Group Photograph

Venue: - CPRS, Computer Lab, JMI

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