

WORKSHOP NOTICE

“THERA BAND EXERCISES TRAINING”

Course Coordinator: -

Dr. Aarti Prasad, (PT)

Head of the Department of Physiotherapy,
Ramakrishna Group of Hospital,
Bangalore

Workshop Schedule:

<i>02 DECEMBER 2013 (MONDAY)</i>	
09:30am – 10:00am	Introduction to BBB
10:00am – 11:00am	Scientific Approach to Resistance Bands
11:00am – 11:30am	TEA BREAK
11:30am - 01:00am	Theory and Practicals Continue
01:00pm – 01:45pm	LUNCH BREAK
01:45pm – 03:30pm	Theory and Practicals
03:30pm – 04:00pm	TEA BREAK
04:00pm – 05:00pm	Thera Band Practicals
<i>03 DECEMBER 2013 (TUESDAY)</i>	
09:30am – 10:00am	Quick Recap
10:00am – 11:30am	Scientific use of Thera Band for Shoulder Joint and Knee Joint
11:30am - 01:00am	Scientific Approach to Ball
01:00pm – 01:45pm	LUNCH BREAK
01:45pm – 02:30pm	Hand on Ball
02:30pm – 03:30pm	Sensory Motor Training
03:30pm – 04:00pm	TEA BREAK
04:00pm – 05:00pm	Group Classes

VENUE: - CIT, SEMINAR HALL, JMI

Organized by:

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