



**SGH  
PGAHI**

POSTGRADUATE  
ALLIED HEALTH INSTITUTE

# The Science of Resistance Bands for Strength, Balance and Stability

## 11 October 2024

### Introduction

The use of resistance bands and stability training devices have become increasingly popular in professional gyms as well as in home training programs for individuals of all ages and at any level of fitness. This course provides the learner with the scientific rationale for elastic resistance bands over other strength training methods. Participants will also engage in hands-on practice in using resistance bands for strengthening, balance and stability.

### Course Objectives

1. Understand the scientific basis for the use of elastic resistance
2. Describe the therapeutic goals which can be achieved with elastic resistance (strength training, stability training and flexibility)
3. Learn and demonstrate a variety of ways to appropriately use elastic resistance to achieve therapeutic goals
4. Plan a sequence of exercises with appropriate dosing for relevant patient populations

### Course Outline

1. Scientific principles of elastic resistance training
2. Set-up and positioning for resistance band training
3. Dosing and intensity of resistance band exercises
4. Training balance and stability with resistance bands and balance and stability devices
5. Designing an exercise program for different patient populations

### Target Audience

Occupational Therapists & Physiotherapists

### Quick Links

[FAQs](#), [PGAHI Programmes](#), [Training Calendar and Directory](#)

### Course Details

Date	: 11 Oct 2024
Time	: 9.00 am – 5.00 pm
Duration	: 7 hours
Class size	: 20 pax
Venue	: Seminar Room TR 7-4, Level 7 National Heart Centre, Singapore 5 Hospital Drive, S (169608)
Fees	: S\$680 (SingHealth staff) S\$750 (Regular) <i>(inclusive of 9% GST)</i>

### Teaching Faculty

#### Natalie Chew

Senior Principal Occupational Therapist  
Singapore General Hospital

Ms Natalie Chew has worked as an Occupational Therapist at SGH since 1998. Her clinical experience includes acute care, inpatient and out-patient rehabilitation as well as home therapy, with specialist knowledge in neurorehabilitation. She is always looking for ways to promote the carry over of therapy recommendations from the clinic to home. Natalie also has an interest in the use of technology to enhance rehabilitation.

Natalie has been a qualified trainer with Theraband Academy since 2010, when she attended the Train the Trainers course in Germany.

### Registration

To register, scan the QR code or click on the web link.  
Registration closes on **20 September 2024, Friday**.



<https://form.gov.sg/66752897255f455f6c9a07f8>

Upon registration, you agree to the PGAHI [Terms & Conditions](#).