



A guide to...

Title of leaflet

Patient Information

How to contact us

Outpatient Physiotherapy
West Hertfordshire Therapy Unit

Tel: 01923 378130

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 198** or email westherts.pals@nhs.net



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Resistance Bands

Use of your Resistance Band

Only perform the exercises as taught by your Physiotherapist.

Make sure that the band is securely anchored to a sturdy object or attachment before using and that you have a good grip on the band before commencing the exercise.

When an exercise requires a loop, make a double knot with the ends and ensure there is no slippage before commencing your exercises.

Safety

Always examine the band before use for small tears or punctures that may cause the band to break. If you find any flaws, discard the band and replace before commencing your exercises.

Do not perform any exercise with the band near or level with your eyes, to avoid snapping back into the eyes.

The band may contain natural latex which may cause an allergic reaction. If you are allergic to latex, do not use the band and inform your Physiotherapist.

The band should be kept out of reach of small children and pets.

If the band is to be used by a child, supervision by an adult is essential.

All contact with mechanical devices should be avoided when using your band.

Remove rings from fingers and be aware of sharp long fingernail before use. Check soles of shoes for stones or other sharp objects if your exercises involve having to step on the band.

If you experience sharp pain, shortness of breath, dizziness or light-headedness whilst using the band with any of the exercises given by your physiotherapist, stop immediately.

As with all exercise, muscle soreness may be experienced after using your band especially in the first few days. If the pain persists, stop using the band and consult your Physiotherapist.

Maintaining your band

Store the band in a cool place at room temperature out of direct sunlight and away from extreme temperatures (radiators, freezers).

To clean the band, rinse in clear water and hang to dry. When dry apply a small amount of talcum powder if desired. To disinfect, use only clean alcohol.