

Blackpool IFS

Elastic Fantastic 2018

Presented by Cherry Baker

The long Band used in today's workshop is approx. 1.5 meters, however some of the exercises are better with longer bands if possible 2 meters. It is a low – tech, portable piece of equipment. It provides adjustable resistance and can be used to assist or resist exercises; it can also be used to aid stretches.

Clinical research has shown that correct form and use of the band can improve strength/endurance, balance, Posture, function, mobility and flexibility.

Band Safety:

- Always check the band before use for any nicks or tears or punctures
- Make sure the band is of the right length for your chosen exercise (general rule band length within 8 inches of your height)
- Do not give to clients with Latex allergies (have a few latex free to offer)
- Choose the right resistance for your client and the individual exercise.
- Keep bands powdered regularly to prevent sticking.
- Store bands out of direct sunlight and heat.
- Warn clients to always look away from the band when exercising, immediately close eyes if here snapping sound (demonstrate the snapping sound).
- Avoid wrapping the band around the hand.

HERE ARE JUST A FEW IDEAS FROM IFS BLACKPOOL

I have added just a few comments on some of the exercises. Not a full list of information, just a little reminder for those who were in the session.

PF Pelvic floor

A Adaptation

P Progression

Q Question / test

Starters

<p>Standing warm up/ start of session</p>	<p>Set up all basic principles in standing / posture and do health and safety with bands.</p> <p>Mobility – and teaching basic moves for rehearsal and warm up</p> <p>Discuss hip to rib connection Sways – foot pedals Alternating arm floats Side bend Squatting rehearse technique Spinal openings – feet together Heel lift into Knee lift into heel strike – progress to lunge</p>
<p>Add the band Push backs kneeling or standing Band taught in front of thighs</p>	<p>This is an amazing exercise as it switches on latissimus dorsi and PELVIC CORE Triceps</p>



wrist alignment wrong



correct wrist alignment

Wrist and shoulder girdle bone loading – check wrist position – correct in second pic
Shoulders and neck stay still

Layer in active PF

Progress to kneeling – wrap glut max – lift inside thigh

Practice breathing

P = Practice 100 arms and sniff blow

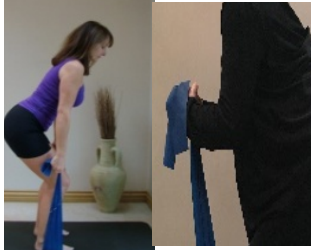
A = standing with knee issues

Use easy band – no band with some shoulder issues

A = no active PF if high tone PF issues

Q = why are the latissimus dorsi muscles so important to core stability?

Monkey Squat with band under one foot



Hold on to the band with both hands as we did in the class – see picture 2

Practice this with band under right leg – add the shoulder lift for those without shoulder issues – repeat on the other side – this allows clients to understand the squat and band principles and allows those who can't do the following exercises an option to go back to. Avoid allowing clients to do one side of the body on say curtsy if they can't do it on both sides etc. work for muscle balance etc.

Curtsy



Back knee in line with front heel – front foot slight rotation out

Hold bands as shown

A = shoulder issues stay with the movement shown

P = add shoulder lifts, double or single band

P = add arabesque as you come up into standing

Q = which condition should avoid the arabesque?



Alternating chest press with some thoracic rotation



Lunge back with chest press



Chest opener – and thoracic mobility



Standing side superman



Thoracic Spinal mobility, cervical mobility via rotation. shoulder retraction

Thumbs up both exercises

Start with feet apart – practice chest press
Practice wide push back –
Combine chest press and alternating leg push back

P = lunge on back leg

P = hold on one side - stay low on the lunge and alternate the chest press

Repeat the chest spinal rotation taught in warm up adding the band – check thumbs up

A = do without the band

P = stagger the feet

P = add head turning with the thoracic rotation

Q = Which spinal conditions should not do excessive fixed rotation?

Q = what neck issue should ensure they do not extend the neck whilst rotating?

The lifting leg should go out to the side (in the pic it looks as if it goes behind)

Leg should be straight – lifting knee cap up and turning foot inwards slightly to prevent over use of hip flexor

A = no band

P = one arm holding both sides of band

Can also add bicep curls etc



Main Course

Kneeling Lat pull down



progression

Strengthen shoulders and Lats
Lateral flexion – QL
Pelvic strength

Check on wrist alignment
Elbows soft

A – kneeling lat pulldown



A = standing side bend band under feet



A = Shoulder and some back issues use without band
Kneeling side bend - arms low -no band

A = Osteoporosis: no lateral flexion – use pull downs only

Q What other Spnal Condition should avoid excessive lateral flexion ?

Side Plank with shoulder press



Secure band in supporting hand or under elbow

Start with shoulder press then add hips lifting

A = see above





A = no band

A = Semi mermaid legs only

P = combine side bend and shoulder press.

P full side bend

Q what spinal condition should avoid dropping the hip and waist?

<p>Seated Spine Twist</p> 	<p>Use yoga block or other prop to lift body slightly and support / correct sitting position Sitting legs wide pull back with one arm as you rotate. Clients must be able to sit upright – use blocks or adapt leg position as necessary</p> <p>Spinal rotation with resistance Shoulder retraction Thoracic rotation Sitting legs wide pull back with one arm as you rotate. Clients must be able to sit upright – use blocks or adapt leg position as necessary A = kneeling spine twist bow and arrow arms or hands across chest Use lighter band or no band Osteoporosis = reduce ROM</p> <p>Q = what spinal condition should avoid fixed rotation? Q = how would you adapt to somebody who's hip flexors went into spasm in this position?</p>
<p>One Hundred</p> 	<p>100 Feet down bands on knees Table top (imprint – band over shins)</p> <p>Q = when should you not lift both legs off the floor? Q = What condition should avoid thoracic flexion?</p>
<p>Ab prep with chest press</p> 	<p>Band under back and under arms Alternate the chest press x 2 rest then x 4 rest then x 6 rest</p> <p>A = no band A = keep the head down P = lift head and shoulders off the floor – head down after each set P = add table top legs P = take into obliques</p> <p>Q = what condition should avoid lifting the head and shoulders off the mat?</p>
	<p>Hamstring stretch, we did three heads of hamstring stretch – keeping sacrum down</p> <p><i>Avoid flexing the foot with clients with sciatica (want to know when to do this and why not – join us on a SpineSafe Pilates Course)</i></p>

Shoulder Bridge



Band across hips – arms straight (think of the arms in the sanding or kneeling band pull back)
 We did this in a straight-line lift and lower rather than segmentally to provide more extension after the flexion exercises.
 Keeping the upper body involved work more of the longitudinal sling system.
Q = which spinal conditions should not lift above the rib cage?

Side Lying



SOD Head support on pillow

Tie band under ribs, then set up position in the side – then undo the band (its generally means the band with be in the right place).
 Band behind back
 left arm is on top, hold band on the floor in front of body to add resistance (the other way around does not add resistance)

**Which spinal condition should avoid full ROM?
 What spinal condition would benefit from this exercise with added resistance?**



Abductor and adductor – core stability

Band looped under foot – Hold end of band
 Head supported in hand or on pillow, waist lifted – straighten out legs and slight extend behind body – ensure no extension in lumbar spine.



pudding

Breast Stroke Prep



Linda M band position
 Band under thighs – so it can be held at arms length
 1 Thoracic extension - retract shoulders and Slightly lift arms
 2 Progress to peeling the sternum off the mat – thoracic extension
 3 Progress into lumbar spine extension – avoid hinging etc
 4 Can add Double Swimming Legs – ensure legs straight – avoid over extending in lower back
**Which spinal condition should avoid lumbar extension?
 What spinal condition would benefit from each phase of this exercise?
 How and when should the gluts engage?**

Other exercises we looked at

	
 <p>Re stretch hamstrings briefly Adductors etc</p>	<p><u>Quadriceps stretch</u> (use band if issue reaching ankle)</p>
<p>Finsh with repeated kneeling band pulls Transition to standing Standing stretches and posture f</p>	<p>Created by Cherry Baker Copyright 2018</p>

The above class is just an outline of exercises and does not include all information, it is meant for those who attended the band session at IFS 2018. There is more than an hours' worth of exercise!

Thank you
Cherry

This is a sample of what we do on the LunchEd Club workshops. We give detailed lesson plans with pictures (professionally done not like mine above) we give adaptations for clinical conditions etc. As well as having a bite to eat together, sharing business ideas and some teachers have even gone away with new classes!

Our next Lunched Workshop is with a Foam Roller Class with new ideas followed by a Seated and Supported Class. Ps we also look at sharing equipment etc to cut cost and network with other teachers.

If you want to know the answers to the questions on the handout you have to do the SpineSafe course!! Sorry my go at getting interest not very subtle am !! Love ya.

Cherry

**Next Date for Lunched Club
Sunday June 10th 12.30 – 4.30 Lunch and refreshments included.
Go to Cherrybaker.com and click on LunchEd club at the top of the page.**

