

Patty's PT Tips

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Valuable Resources for Isokinetic Band Exercises

Stretch and Strengthen for Rehabilitation and Development-Chair based exercise with bands. Bob Anderson and Dr. Donald Bornell. Available on Amazon for \$11.95

MS Gym- <https://www.thmsgym.com> Video strength training program that utilizes bands extensively. MS specific training regimen available for a monthly membership \$47/month if you purchase for 1 year or \$60/month if you purchase for 6 months. Includes balance training, flexibility exercise etc. in an on-demand format. There are free videos on line to check it out.

Senior Fitness with Meredith- Resistance Band Exercise for Seniors-videos available on YouTube [youtube.com/watch?v=ZP9FKXGoBg8](https://www.youtube.com/watch?v=ZP9FKXGoBg8)

Silver Sneakers Total Band Workout- silversneakers.com/blog/total-body-resistance-band-workout-older-adults/

Upper and Lower Body Resistance Band Exercise from University of Michigan-

[Med.umich.edu/1libr/PMR/TherabandExerciseProgram.pdf](https://med.umich.edu/1libr/PMR/TherabandExerciseProgram.pdf) Developed by Sam Benson, PT