

Patty's PT Tips

Valuable Resources for Isokinetic Band Exercises

Senior Fitness with Meredith-Resistance Band Exercises for Seniors-videos available on You Tube:

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

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