

# Resistance bands

## Physiotherapy

## Patient Information Leaflet

### Introduction

This leaflet is for people who are having physiotherapy treatment and have been advised to use a resistance band. It gives information on how resistance bands should be cared for and precautions to make sure you use them safely.

### How do I use resistance bands safely?

Resistance bands are not intended to replace advice or instructions from your physiotherapist. Exercise with the colour/resistance level of band and use the sets and repetitions prescribed for you by your physiotherapist. If you feel the program is too light or too hard, consult your physiotherapist.

If you have any medical conditions, check with your physiotherapist before using a resistance band.

**Warning: incorrect use of the resistance bands may cause serious physical injury.**

Use only as directed by your physiotherapist.

Resistance bands are not a toy and should not be used without adult supervision. Do not chew or allow others (including pets) in your household to chew on this product. Consult your healthcare provider before allowing children to exercise using a resistance band.

Always examine resistance bands before use for:

- nicks, small tears and punctures
- peeling at each seal that may cause the product to break

Pay close attention to areas where the product has been attached, wrapped or secured to an anchoring device such as a door or bed.

If you find any damage when you check it, throw the band away and replace it with another one before performing any exercises.

Do not use resistance bands in any way that may cause them to snap towards the head and cause injury to your eyes. **Always wear suitable eye protection during use to protect your eyes.** Suitable eye protection includes clear plastic goggles or glasses. Your physiotherapist will offer you a pair of clear plastic goggles when they are using the bands in clinic.

Ensure that the resistance band is securely fitted and/or anchored when applicable, during use. If the band has been made into a loop by tying both ends together, always hold the seal and not the centre of the loop to be safe.

Use the resistance band in an area free from obstructions which the band could snag around or catch. This could weaken and rip the band and may result in serious injury.

Do not stretch the resistance band more than four times its resting length. This includes each loop individually and/or combined. Over-stretching the product could result in serious injury.

Do not use the resistance band as a suspension device or while performing body weight training exercises that rely on the product to hold your body weight suspended in the air. These are not intended uses and could result in serious injury.

If you decide to cut the resistance band to a different length, cut on the loop portion and not on any portion of the seal.

## How do I care for resistance bands?

- Store resistance bands in a box or hang them in a dark area. **Do not** expose them to direct sunlight or direct heat.
- Remove rings, watches or other jewellery before using the bands. Beware of long, sharp fingernails or any other objects on the floor or under your shoe that could puncture the resistance band.
- When using resistance bands in chlorinated water, special care is needed to maintain the product. After use in chlorinated water, rinse the band thoroughly in tap water to remove any traces of chlorine. Allow it to air dry completely.
- Clean the bands with mild soap and water, and dry them flat.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact your physiotherapist.

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/services-and-wards/physiotherapy-community/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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