

BANDS FOR BEGINNERS AND MORE...

A QUICK RUN DOWN ON THE TYPES OF EXERCISE BANDS AND WHY WE USE THEM

You may have seen them hanging up on the pull up bar or someone using them to do a stretch at your gym.

You may have tried to use one before but not really known how to use them properly.

Perhaps your Physio may have suggested you use one but you're just not sure its for you.

So what can they really be used for and how can they benefit you?

THE DIFFERENT TYPES OF BANDS

They can help with your rehab, strength and flexibility.

Here are some simple, yet effective ways they can be used.



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TRADITIONAL RESISTANCE BANDS

These are primarily used instead of using a weight.

You can do this by tying one part of the band to a solid object or in a door and using the other side to pull or push.

Examples of exercises include: rows, shoulder pushes, knee extensions and strengthening your rotator cuff.

To make things harder you just increase the resistance of the bands as you start to get stronger – hence the different colours.

MINI BANDS

Mini bands are great because you can use them to make sure you are getting all the right muscles working.

Get knee pain while you squat? Feel like you're always using your thighs instead of your gluteal or bottom/ hip muscles

Glutes are so important! If they are weak they can lead to back pain, knee pain and a lot of other issues. Chuck the mini band above or below your knees while you squat and this will ensure you get your glutes firing throughout. You can also do this while completing a bridge or hip thruster to achieve the same targeted result.



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LARGER POWER BANDS

The longer power bands come in an assortment of colours which correspond to a different thickness and strength. Which resistance you want depends on what you're using it for and a whole lot of different factors.



Bands can also be used to make exercises easier! For example if you struggle to do a pull up or chin up you can use one to assist you up. You can do this by looping one part around the pull up bar and putting your foot into the loop while pushing down. If you are a beginner you may have to start with the thickest band and as you improve you can make your way to the thinner ones with the least resistance.

HELPING YOU MOVE BETTER

Bands can be used to help you improve your range of motion and flexibility. They can be used to help improve muscle length and joint movement. Using to pull as you stretch can help with increasing soft tissue flexibility.

For joint stiffness you can use the band to apply an opening force to help the joint move a little freer. For example people with stiff ankles can tie one side of the band to a solid object and the other around your ankle and lunge forward.

Pressure from the band helps open up your joint so you can move further forward, which means you can achieve more dorsiflexion of your ankle. You can do this with many other parts of your body – hip, elbow, knee.

Just ask our Physios to show you how.

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NEURAL MOBILITY

Nerves generally dislike stretching. If you have ever felt an intense pull in your calf when you're trying to touch your toes you will understand this. This sensation you feel in your calf is not your calf being tight it is your nerves stretching saying I do not like this.

Bands can be used to get your nerves moving a little bit better and decrease the likelihood you will get pain with movements such as touching your toes. An example of how you can do this is called nerve gliding. In other words getting your nerves used to moving in the extremes of your range.



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So next time your Physio, exercise physiologist, trainer or friend at the gym suggests to try the bands- you are equipped with some knowledge to help choose one thats right for you.

[Visit us at Hindmarsh & Fitzroy Physiotherapy on Facebook for our latest giveaways and information](#)

If you need help with your stretches, get in touch with any of our physiotherapists at 83462000 or 83422233

OTHER RESOURCES



BACK PAIN



ACL PREVENTION



SPORTS INJURIES

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