

Safety first whilst using your stretchy exercise band

You have been given a stretchy elastic exercise band to use as part of your home therapy programme. It is important that you use it safely.

Your therapist will have shown you your individual exercise programme. Ask your therapist if you are unsure of any of the exercises.

The stretchy exercise band is for doing exercises and should not be used for any other purpose.

Due to possible allergies, the children's therapy department only uses latex-free exercise bands.

To protect your eyes

- Do not overstretch the band as this could cause it to snap, which could cause an injury.
- If you anchor the band to an object for your exercises ensure that it is tightly fastened. Ask an adult to do this for you.
- If your band is worn or you notice tears stop using it and ask for a replacement.

Please store your exercise band safely and do not allow other children to play with it.

Note – you use the elastic exercise band at your own risk. If you are worried about using it please contact your therapist who can show you alternative exercises that do not require a band.

For further information please contact your therapist:

Name:



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Date written: August 2011
Review date: September 2021
Version: 1.1
Code: P10835

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