Elastic resistance exercises are considered as an integrative part in different concepts in physiotherapy, also with different goals and different applications. In the main goal of the workshop is to explain different possibilities how to use elastic resistance band in two concepts (Proprioceptive Neuromuscular Facilitation and Brügger-Concept) and when/and how to use elastic band effectively for various workouts and strength training in sports and therapy, for endurance training in sports and therapy, to increase muscle stretch and expand the scope of joint mobility, for coordination or training exercises, for speed ability or training exercises, for exercises to improve stability (for both overall and local stabilization), for general exercises or specific training for sports, for exercises for the handicapped, for exercises for the elderly, for exercises for children, for the prevention and compensation of a one-sided and monotonous load with reference to daily activities, for the prevention and compensation of a one-sided and monotonous load with reference to sports activities, for exercises in pairs or groups, for exercises in combination with other aids, for water exercises, etc.

Biography

Dagmar Pavlu is an Associate Professor at Charles University, Faculty of Physical Education and Sport and is a Guarantor of study programs in Physiotherapy at the faculty. She was a President of the professional organization - Physiotherapists of the Czech Republic (till 2014) and during 2004-2008 she was a Vice Chairman of European Region of World Confederation for Physical Therapy (ER WCPT). She is a Member of Executive Board of Association of Rehabilitation and Physical Medicine in the Czech Republic. She is the author of two monographs and more than 150 special articles in journals. She is the Head of one part of the Progres research project at UK FTVS. Her current research interests include analysis of the effect of physiotherapeutical methods.