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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Information for Patients

Safety Advice when exercising with Resistance Bands or Tubing

Physiotherapy Service

You have been provided with a resistance band or tubing to use at home as part of your ongoing physiotherapy exercise plan. This information sheet has been provided to remind you of the safety advice to follow in order to prevent any injuries whilst using the equipment.

- Please follow the exercise programme provided by your physiotherapist and seek their advice if you experience any difficulties with any of the exercises.
- Before using your resistance band always examine it for small nicks, tears, or punctures that may cause the band/tube to break. If you find any flaws, do not use the product and seek a replacement. Protect the band or tubing by keeping it away from sharp objects.
- Store all resistance bands and tubing out of direct sunlight and away from extreme temperatures.
- Use of these products can cause serious injury if not used appropriately. Please take extra care with exercises that involve stretching the resistance bands or tubing near the head to avoid injury to the face or eyes of yourself or others. Do not overstretch the resistance band or tube.
- If you are using the resistance band anchored to an object or around a body part, there is potential for it to slip off and rebound towards the face or eyes causing serious injury. If you are anchoring the band to an object, please ensure the attachment is to a sturdy object and secure. If you are concerned about the risk of rebound you may wish to wear protective eyewear such as DIY goggles or sturdy sunglasses.
- Resistance bands are not toys and should only be used by the person it has been issued to. Please do not allow children to play with it and if issued to a child, please supervise their exercise activity.
- As with any exercise programme, muscle soreness may be experienced over the first few days. If your pain is sharp in nature or should persist for more than 3 or 4 days, stop the exercise and consult your physiotherapist at your next appointment.

This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg