

## Exercise band advice

### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01392 402093 or at [rduh.pals-eastern@nhs.net](mailto:rduh.pals-eastern@nhs.net) (for Mid Devon, East Devon and Exeter services) or on 01271 314090 or at [rduh.pals-northern@nhs.net](mailto:rduh.pals-northern@nhs.net) (for North Devon services).

As part of your treatment plan, your physiotherapist has given you a resistance band for your home exercises. If not used appropriately, this band does carry a risk of injury – particularly to the face and eyes – so please follow the safety advice and only use the band as advised by your physiotherapist. Children should also be supervised to make sure the advice is followed.

### Using the exercise band safely

- If you have a latex allergy or sensitivity, you should be given a latex-free band. If you think you are developing any symptoms, stop use immediately and contact your local Physiotherapy Department.
- Check for wear, nicks or punctures before every use
- Remove jewellery that might damage the band and take care with long nails
- Make sure the band is anchored securely to a sturdy attachment
- Do not use the band in a position where it might snap towards your face
- Do not stretch to more than three times the band's resting length

### Care

- Store out of direct sunlight and away from extreme temperatures
- To clean, wash with soapy water, dry flat and dust with talc
- Ask for a replacement if the band shows signs of wear

### Further information

If you have any questions, please contact your local Physiotherapy Department.

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## PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact:

PALS Mid Devon, East Devon and Exeter

- call 01392 402093 or email [rduh.pals-eastern@nhs.net](mailto:rduh.pals-eastern@nhs.net). You can also visit the PALS and Information Centre in person at the Royal Devon and Exeter Hospital in Wonford, Exeter.

PALS North Devon

- call 01271 314090 or email [rduh.pals-northern@nhs.net](mailto:rduh.pals-northern@nhs.net). You can also visit the PALS and Information Centre in person at the North Devon District Hospital in Barnstaple.

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Tell us about your experience of our services. Share your feedback on the Care Opinion website [www.careopinion.org.uk](http://www.careopinion.org.uk).

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