

Integral University, Lucknow
Department of Physical Medicine & Rehabilitation
(Physiotherapy)

Workshop Report

A series of workshops on the occasion of **World Physiotherapy Week 2014** was conducted by the department of Physiotherapy, Integral University, Lucknow in collaboration with Era's Lucknow Medical College & Hospital on 5th September 2014 to 8th September 2014.

Dr. Mahendra Yadav conducted hands on workshop on Theraband Techniques. He demonstrated various strengthening exercises of upper & lower extremities and trunk by the help of Theraband.

Students from Bachelor of Physiotherapy (BPT) interns and Master of Physiotherapy (MPT) were present at the workshop. Dr. Ashfaq Khan (PT), department of PMR Physiotherapy, IIMS&R expressed his gratitude to the speaker.



Practical Demonstration of Theraband Technique

Y. Khan
8/09/14
(Dr. Ashfaq Khan)
Incharge, PMR (Physiotherapy)
Head