

International  
Clinical **Reference  
Guide**



PerformanceHealth®

 **Thera-Band** <sup>®</sup>  
Systems of Progressive Exercise



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## Clinical Uses and Proven Protocols for Thera-Band Products

Evidence for the clinical use of Thera-Band products is provided by the Thera-Band Academy, which promotes and disseminates research and educational initiatives throughout the world. Its web site, [www.Thera-BandAcademy.com](http://www.Thera-BandAcademy.com), is a unique resource that connects healthcare professionals and consumers to an ever-growing body of knowledge.

### [www.Thera-BandAcademy.com](http://www.Thera-BandAcademy.com) - Free Exercises, Research and Education

- 650+ Exercises
- 130+ Protocols/Programs
- 1,300+ Reference articles
- Instructional and exercise videos
- Research and education blog
- Searchable databases
- Customize, print, save and share exercise programs
- Translate pages into your language



The site features specialized learning portals that are designed to help you find things quickly. Begin your portal search at [www.Thera-BandAcademy.com/portal](http://www.Thera-BandAcademy.com/portal)

Stay connected to a wealth of clinical uses and proven protocols involving Thera-Band products by subscribing to the Academy Blog at <http://blog.Thera-BandAcademy.com>

## “expert CORNER

### Information that is timely, relative and accurate

“Thera-Band Academy is a fabulous resource—and it’s free! I truly appreciate the investment that has been made into the research, education and tools provided by the Academy. I reference it often and with confidence that the information is timely, relative and accurate. My patients appreciate being able to search the site to answer questions, and I have confidence that they’ll be well-informed.”

**Mary E. Sanders, PhD, FACSM, RCEP**  
University of Nevada School of Medicine, WaterFit Director

### Great evidence-based resource for students and practitioners

“The Thera-Band Academy web site and blog are great evidence-based resources for both students and practitioners. At this site, you can search for information in numerous ways; by condition, injury, body part, etc., which makes it easy to find just what you’re looking for. The Thera-Band Academy Blog helps me stay current on published evidence regarding elastic resistance. I truly appreciate the investment that has been made into the research, education and tools provided by the Academy.”

**Mark A. Anderson, PT, PhD, ATC**  
Associate Professor; Department of Rehabilitation Sciences  
University of Oklahoma Health Sciences Center

## A Full Range of Professional Grade Products

It's one thing for a company to say its products are effective tools for hands-on healthcare practitioners, it's another to show it. New items and programs are nice; positive health outcomes are necessary.

You know patients open your door seeking more than just a treatment plan. They want to get back to where they used to be, and they want to feel confident that you are the best person for the job because your prescribed program will generate results.

Your patients will not be confident about their treatment unless you are. They need a champion for their cause.



As their champion, you need to be certain about the effectiveness of trusted, proven tools. That's one reason so many hands-on healthcare practitioners rely on Thera-Band® products. The items described on the following pages are time-tested and proven to help people progress toward specific goals—increased flexibility and range of motion, better functional movement, improved balance and stronger muscles. As a partner in research with the Foundation for Physical Therapy and a Strategic Business Partner with the American Physical Therapy Association, we are committed to promoting research and supporting clinicians. Thera-Band is the brand the world's leading professionals trust with their patients' outcomes—and have for decades.

## Feel Confident in the Leading Line

Pioneered more than 30 years ago, Thera-Band Professional Resistance Bands are the original products in the industry and the original system of progressive resistance. Today, including tubing, band loops, latex-free options and other configurations, they comprise the leading line of progressive elastic resistance products. They have also been joined by exercise balls, stability trainers, FlexBars, range of motion products, self massage products, hand therapy products, aquatic exercise tools and a host of other solutions that round out the System of Progressive Exercise. The entire portfolio of products carries the same commitment to professional quality, effectiveness and durability.



## expert CORNER

### I'm committed to using Thera-Band

"The reason Thera-Band products stand out in the industry is Performance Health's dedication to clinical excellence. You can trust that when a Thera-Band product is placed into your clinic, it has

been tested and researched by independent clinicians. Thera-Band products provide the clinician with the highest quality possible and the evidence-based protocols that support their use. As a result, our patients get the highest quality rehabilitation. Because I'm committed to providing that level of rehab for all my patients, I'm committed to using Thera-Band."

**Sue Falsone, PT, MS, SCS, ATC, CSCS**

**Vice President, Performance Physical Therapy and Team Sports, Athletes' Performance and Core Performance  
Head Athletic Trainer / Physical Therapist, Los Angeles Dodgers**

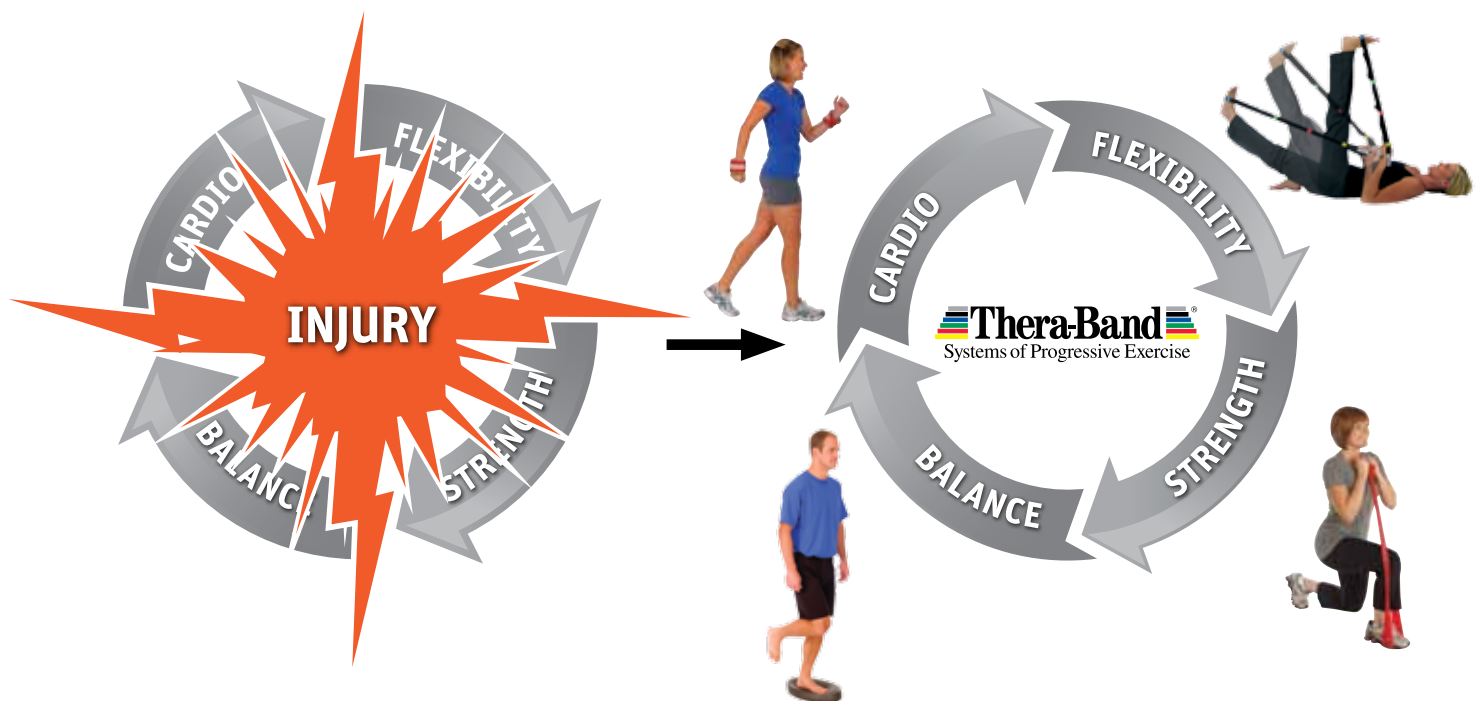
## The Colors You Know and Trust - In Every Product



## Thera-Band® System of Progressive Exercise

Like you, we realize the importance of action through advancement and of achieving success in sequence as patients move through stages to become healthier and stronger. Advocates of Thera-Band products view Tan, Yellow, Red, Green, Blue, Black, Silver and Gold as more than a sequence of colors. They consider the move from one color to the next as validation of real progress.

## Thera-Band Products - Engineered For Active Recovery





## Driven by Research, Preferred by Clinicians

**Exercise bands and tubing** are effective and simple. You appreciate having a single solution that’s portable, versatile, easy to store and low-cost—a straightforward way to help patients increase flexibility and range of motion; gain better functional movement; improve balance and strengthen muscles; minimize pressure on joints; and decrease the possibility of incurring injuries. Bands and tubing are small enough to pack into a briefcase or suitcase, yet durable enough to support complete fitness programs.

But not all elastic resistance products are equal—and Thera-Band® is the clear market leader. Practitioners have awarded Thera-Band that position because of a renowned, time-tested history of success and advocacy. If it doesn’t say “Thera-Band” on the band or tube, it’s an imitation. Pioneered more than 30 years ago, Thera-Band products are the original System of Progressive Exercise. As each level in a rehabilitation or strengthening program is mastered, patients can increase resistance and the degree of challenge accordingly. They simply follow the recognized Thera-Band color sequence, which offers up to eight levels of challenge—from least challenging to most difficult: Tan, Yellow, Red, Green, Blue, Black, Silver, Gold.



For specific pull force values by Thera-Band color, you can refer to the chart below. However, clinicians no longer need to reference a chart during a hectic patient visit! Our elastic resistance products were recently re-calibrated so each progressive step now represents a consistent pull force increase of 25% in the clinical range (Tan through Black) and 40% in the advanced range (Silver through Gold). That means the Thera-Band color progression is now even easier to explain to patients and simple to remember.

Thera-Band® Color Progression		Resistance in Pounds at:		Resistance in Kilograms at:	
Thera-Band® Band/Tubing Color	Increase from Preceding Color at 100% Elongation	100% Elongation	200% Elongation	100% Elongation	200% Elongation
Thera-Band Tan	-	2.4	3.4	1.1	1.5
Thera-Band Yellow	25%	3.0	4.3	1.3	2.0
Thera-Band Red	25%	3.7	5.5	1.7	2.5
Thera-Band Green	25%	4.6	6.7	2.1	3.0
Thera-Band Blue	25%	5.8	8.6	2.6	3.9
Thera-Band Black	25%	7.3	10.2	3.3	4.6
Thera-Band Silver	40%	10.2	15.3	4.6	6.9
Thera-Band Gold	40%	14.2	21.3	6.5	9.5

Represents typical values. All products not available in all colors.


## One System for All Needs

Thera-Band elastic resistance products have always been based on a color progression system that follows a progression in the force required to elongate the band or tube. Because customers now require latex-free options, we’ve spent years perfecting our new latex-free bands so they provide the same quality and consistent progression in resistance as our latex bands. As a result, all three types of Thera-Band elastic resistance products (latex bands, latex-free bands and tubing) provide the same resistance levels and there is no need to reference different charts. All Thera-Band elastic products provide one system of progressive resistance.



## Thera-Band® Professional Resistance Bands

Thera-Band Professional Resistance Bands help users rehabilitate injuries, improve functional living and enhance athletic performance. Color-coded progressive resistance gives at-a-glance indication of progress from one level to the next.

 **Professional Resistance Bands** – Economical bulk rolls that facilitate cutting band length to patient requirement.



### 5.5 m (6 yd) Dispenser Box

#### CE Mark

20010	50010	Thera-Band Tan / Extra Thin
20020	50020	Thera-Band Yellow / Thin
20030	50030	Thera-Band Red / Medium
20040	50040	Thera-Band Green / Heavy
20050	50050	Thera-Band Blue / Extra Heavy
20060	50060	Thera-Band Black / Special Heavy
20070	50070	Thera-Band Silver / Super Heavy
20080	50080	Thera-Band Gold / Max

### 45.5 m (50 yd) Dispenser Box

#### CE Mark

20110	50110	Thera-Band Tan / Extra Thin
20120	50120	Thera-Band Yellow / Thin
20130	50130	Thera-Band Red / Medium
20140	50140	Thera-Band Green / Heavy
20150	50150	Thera-Band Blue / Extra Heavy
20160	50160	Thera-Band Black / Special Heavy
20170	50170	Thera-Band Silver / Super Heavy
20180	50180	Thera-Band Gold / Max




**Patient Band in Zippered Bag** - A single 2.5m band in a convenient zippered carrying case. **(Europe Only)**

- 27921 2.5 m Band in Zipper Bag with manual / yellow\*
- 27927 2.5 m Band in Zipper Bag with manual / red \*
- 27928 2.5 m Band in Zipper Bag with manual / green \*
- 27929 2.5 m Band in Zipper Bag with manual / blue \*
- 27931 2.5 m Band in Zipper Bag with manual / black \*

\* Detailed exercise instruction available in the languages: DE, IT, FR, SE , FI




 **Dispenser Pack** – 30 individually wrapped 1.5 meter latex bands in a single Thera-Band color. Each band includes safety instructions and UPC code.



- 20520 Thera-Band Yellow / Thin, 30-pack dispenser of 1.5 m (5 ft.) bands
- 20530 Thera-Band Red / Medium, 30-pack dispenser of 1.5 m (5 ft.) bands
- 20540 Thera-Band Green / Heavy, 30-pack dispenser of 1.5 m (5 ft.) bands
- 20550 Thera-Band Blue / Extra Heavy, 30-pack dispenser of 1.5 m (5 ft.) bands
- 20560 Thera-Band Black / Special Heavy, 30-pack dispenser of 1.5 m (5 ft.) bands



 **Starter Dispenser Pack** – 15 individually wrapped 1.5 meter latex bands in a single Thera-Band color. Each band includes an insert with link to 17 commonly used exercises for the foot, ankle, hip, neck, shoulder and back.




### CE Mark, Latin America, APAC and Canada\*

- 11878 Thera-Band Yellow / THIN, 15-pack Dispenser of 1.5 m (5 ft.) Bands
- 11879 Thera-Band Red / MEDIUM, 15-pack Dispenser of 1.5 m (5 ft.) Bands
- 11880 Thera-Band Green / HEAVY, 15-pack Dispenser of 1.5 m (5 ft.) Bands
- 11881 Thera-Band Blue / EXTRA HEAVY, 15-pack Dispenser of 1.5 m (5 ft.) Bands
- 11882 Thera-Band Black / SPECIAL HEAVY, 15-pack Dispenser of 1.5 m (5 ft.) Bands

\* Multi-lingual package insert enclosed; languages (DK, IT, GR, DE, PT, NL, ES, FR, JP, KR, CN, FI, SE, US)



 **Multi-Band Patient Packs** – Attractively retail packaged, these packs are ideal for home dispensing where patient progression through rehab is prescribed. Each band is 1.5 meter long.




- 20403 Resistance Bands, Beginner (Thera-Band Yellow, Red and Green)
- 20413 Resistance Bands, Advanced (Thera-Band Blue and Black)

### Canada Only

- 20404 Resistance Bands, Beginner (Thera-Band Yellow, Red and Green)
- 20414 Resistance Bands, Advanced (Thera-Band Blue and Black)





 **Professional Resistance Band Loops** - Continuous loop elastic bands in the recognized Thera-Band color progression. They can be used for a variety of applications, particularly lower body exercises to increase strength and balance. Band Loops are individually poly-bagged. Each loop includes safety instructions.



Part Number by Resistance Level and Length	20 cm (8") Lay Flat Length	30.5 cm (12") Lay Flat Length	45.5 cm (18") Lay Flat Length
Thera-Band Yellow / Thin	20810	20811	20812
Thera-Band Red / Medium	20820	20821	20822
Thera-Band Green / Heavy	20830	20831	20832
Thera-Band Blue / Extra Heavy	20840	20841	20842



*\*Band Loop resistance is aligned with the resistance level of a regular band tied into a loop.*

## Latex-Free - Identical Performance to Latex

Many patients who react to certain proteins found in natural rubber latex, as well as many facilities with no-latex policies, have been forced to avoid latex bands. Unfortunately, most latex-free elastic resistance bands are viewed as necessary but inferior alternatives.

You won't view **Thera-Band® Latex-Free Professional Resistance Bands** as alternatives. Instead, you'll find the recently reformulated product is a high-quality complement to our elastic resistance product line. These latex-free bands provide the same quality and trusted resistance progression of our natural latex bands, without the potential for causing a latex allergy reaction. ***They match the pull forces of our latex bands, they stretch like latex, and they follow the Thera-Band color-coded System of Progressive Exercise.*** Also, they don't have a scent and don't include powder.



**Latex-Free Professional Resistance Bands** – Economical bulk rolls that facilitate cutting band length to patient requirement.



### 22 meter (25 yd) Dispenser Box

- 20324 Latex-Free Thera-Band Yellow / Thin
- 20334 Latex-Free Thera-Band Red / Medium
- 20344 Latex-Free Thera-Band Green / Heavy
- 20354 Latex-Free Thera-Band Blue / Extra Heavy
- 20364 Latex-Free Thera-Band Black / Special Heavy

### 22 meter (25 yd) Dispenser Box - CE Mark

- 50324 Latex-Free Thera-Band Yellow / Thin - CE Mark
- 50334 Latex-Free Thera-Band Red / Medium - CE Mark
- 50344 Latex-Free Thera-Band Green / Heavy - CE Mark
- 50354 Latex-Free Thera-Band Blue / Extra Heavy - CE Mark
- 50364 Latex-Free Thera-Band Black / Special Heavy - CE Mark

### New 45.5 meter (50 yd) Dispenser Box

- 11726 Latex-Free Thera-Band Yellow / Thin
- 11727 Latex-Free Thera-Band Red / Medium
- 11728 Latex-Free Thera-Band Green / Heavy
- 11729 Latex-Free Thera-Band Blue / Extra Heavy
- 11730 Latex-Free Thera-Band Black / Special Heavy

### New 45.5 meter (50 yd) Dispenser Box - CE Mark

- 11846 Latex-Free Thera-Band Yellow / Thin - CE Mark
- 11847 Latex-Free Thera-Band Red / Medium - CE Mark
- 11848 Latex-Free Thera-Band Green / Heavy - CE Mark
- 11849 Latex-Free Thera-Band Blue / Extra Heavy - CE Mark
- 11850 Latex-Free Thera-Band Black / Special Heavy - CE Mark



**SCENT FREE  
POWDER FREE**



**Latex-Free Multi-Band Patient Packs** – Attractively retail packaged, these packs are ideal for home dispensing where a latex-free product is needed to address an allergy / sensitivity and where patient progression through rehab is prescribed. Each band is 1.5 meter long.




- 11883 Latex-Free Resistance Bands, Beginner (Thera-Band Yellow, Red and Green)
- 11884 Latex-Free Resistance Bands, Advanced (Thera-Band Blue and Black)

\* Multi-lingual package insert enclosed; languages (GR, NL DK, PT, FR, DE, ES, FI, SE, IT, CN, KR, JP, US)



## Thera-Band® Professional Resistance Tubing

Thera-Band Professional Resistance Tubing are made of natural rubber and are ideal for upper-body exercise, rehabilitation and conditioning. Available in seven color-coded levels of resistance.

 **Professional Resistance Tubing** - Economical bulk tubing facilitates cutting length to patient



### 7.5 meter (25 ft) Dispenser Box

CE mark

21010	51010	Thera-Band Tan / Extra Thin
21020	51020	Thera-Band Yellow / Thin
21030	51030	Thera-Band Red / Medium
21040	51040	Thera-Band Green / Heavy
21050	51050	Thera-Band Blue / Extra Heavy
21060	51060	Thera-Band Black / Special Heavy
21070	51070	Thera-Band Silver / Super Heavy




### 30.5 meter (100 ft) Dispenser Box

CE mark

21110	51110	Thera-Band Tan / Extra Thin
21120	51120	Thera-Band Yellow / Thin
21130	51130	Thera-Band Red / Medium
21140	51140	Thera-Band Green / Heavy
21150	51150	Thera-Band Blue / Extra Heavy
21160	51160	Thera-Band Black / Special Heavy
21170	51170	Thera-Band Silver / Super Heavy

**Multi-Tube Patient Packs** - Attractively retail packaged, these packs are ideal for home dispensing where patient progression through rehab is prescribed. Each tube is 1.5 meter long.




-  21303 Resistance Tubing, Light (Thera-Band Yellow, Red and Green)
- 21313 Resistance Tubing, Heavy (Thera-Band Blue and Black)

#### Canada Only

- 21304 Resistance Tubing, Light (Thera-Band Yellow, Red and Green)
- 21314 Resistance Tubing, Heavy (Thera-Band Blue and Black)




 **Tubing with Soft Grip Handles** - Provide the added convenience of attached handles for a ready-to-use solution. Retail packaged, instructions included.



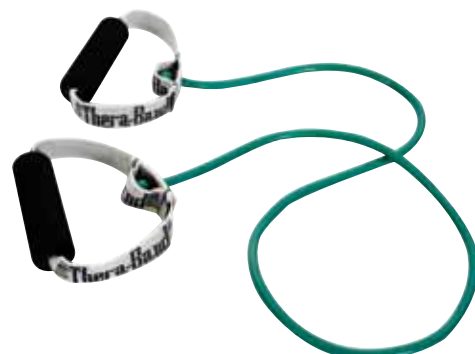
21731	Thera-Band Yellow / Thin, 122 cm (48")
21732	Thera-Band Red / Medium, 122 cm (48")
21733	Thera-Band Green / Heavy, 122 cm (48")
21734	Thera-Band Blue / Extra Heavy, 122 cm (48")
21735	Thera-Band Black / Special Heavy, 127 cm (50")
21736	Thera-Band Silver / Super Heavy, 127 cm (50")



 **Tubing with Soft Grip Handles** - Provide the added convenience of attached handles for a ready-to-use solution. Bulk packaged, instructions included.




21721	Thera-Band Yellow / Thin, 122 cm (48")
21722	Thera-Band Red / Medium, 122 cm (48")
21723	Thera-Band Green / Heavy, 122 cm (48")
21724	Thera-Band Blue / Extra Heavy, 122 cm (48")
21725	Thera-Band Black / Special Heavy, 127 cm (50")
21726	Thera-Band Silver / Super Heavy, 127 cm (50")



## Thera-Band® Professional Resistance Tubing

Thera-Band Professional Resistance Tubing are made of natural rubber and are ideal for upper-body exercise, rehabilitation and conditioning. Available in seven color-coded levels of resistance.

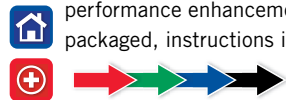
 **Tubing with Hard PVC Handles** - Provide the added convenience of attached handles for a ready-to-use solution. Bulk packaged, instructions included.



EU		
Item #	Item #	Description
21701	21711	Thera-Band Yellow / Thin, 122 cm (48")
21702	21712	Thera-Band Red / Medium, 122 cm (48")
21703	21713	Thera-Band Green / Heavy, 122 cm (48")
21704	21714	Thera-Band Blue / Extra Heavy, 122 cm (48")
21705	21715	Thera-Band Black / Special Heavy, 127 cm (50")
21706	21716	Thera-Band Silver / Super Heavy, 127 cm (50")



**Professional Resistance Tubing Loop with Padded Cuffs** - No-slip cuffs make them ideal for sports performance enhancement and advanced injury rehabilitation. Retail packaged, instructions included.



21431	Thera-Band Red, Beginner/Intermediate
21432	Thera-Band Green, Intermediate
21433	Thera-Band Blue, Intermediate / Advanced
21434	Thera-Band Black, Advanced



**Tubing with Flexible Handles** - Provide the added convenience of attached flexible handles for ready-to-use solution. **(Europe Only)**

21741	Thera-band Yellow / Thin *
21742	Thera-band Red / Medium *
21743	Thera-band Green / Heavy *
21744	Thera-band Blue / Extra Heavy *
21745	Thera-band Black / Special Heavy *
21746	Thera-band Silver / Super Heavy *

\* Bulk packed instructions included.





**Thera-Band® Resistance Band  
Cervical Extension Isometric**

*Strengthens the deep neck stabilizers*

Place the middle of the Resistance Band around the back of your head. Grasp the ends of the band in front of your head. Keep your neck in a neutral position with the chin slightly tucked. Extend your elbows, stretching the band in front of you. Slowly return while keeping your neck stable.



**Thera-Band Resistance Band  
Shoulder Serratus Dynamic Hug**

*Strengthens the serratus anterior muscle*

Begin with the Resistance Band wrapped around your upper back, holding each end in your hands. Abduct your shoulders about 60 degrees and bend your elbows about 45 degrees. Keeping your shoulders elevated, push your arms forward and inward, as if you were giving a hug. When your hands touch, hold and slowly return. Avoid shrugging your shoulders.



**Thera-Band Resistance Band Knee Squat**

*Strengthens the hips and thighs*

Stand on the middle of the Resistance Band with both feet. Wrap the ends of the band around the outside of the feet, and then cross them behind your knees. Bring the ends around to the front of the thighs and cross again. Hold the ends of the band at your hips. Perform a squat, keeping your back and elbows straight. Hold and slowly return to a standing position. Be sure to keep your back straight and knees pointing forward. Don't allow your knees to rotate inward or outward during the exercise.



### **Thera-Band Loop Lateral Walk (Monster Walk)**

*Strengthens the hips and knees*

Begin with a 30.5 cm Band Loop wrapped around your thighs, just above the knees. Slightly bend your hips and knees into an athletic position. Keep your back straight and take several steps forward laterally against the band. Step backward to your starting position.



### **Thera-Band Loop Hip Abduction in Standing**

*Strengthens hip abductors*

Stand with a 30.5 cm Band Loop around your ankles. Kick leg outward while keeping knee straight. Use support as needed to maintain an upright trunk. Hold and slowly return extended leg.

### **Thera-Band Loop Hip Rotation plus Abduction in Side Lying**

*Strengthens hip*

Lay on your side with a 30.5 cm Band Loop around your knees. Push the bottom knee into the mat while lifting the top knee against the band. Hold and slowly return the top knee to the lowered position.





### Thera-Band Tubing Functional Baseball Swing

*Simulates swinging a baseball bat*

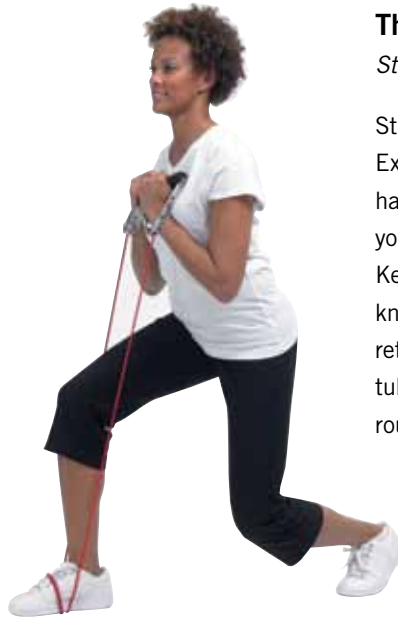
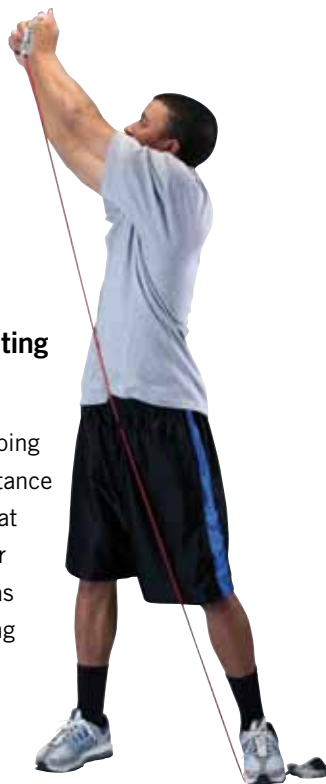
Secure the end of the Exercise Tubing to a door or a secure object behind you at head-level. Grasp the opposite handle in your hands as you would grasp a baseball bat. Perform the swinging motion against the resistance of the tubing.



### Thera-Band Tubing Diagonal Lifting

*Strengthens the upper body and trunk*

Begin with one end of the Exercise Tubing secured under one foot. Take a wide stance and grasp the other end of the tubing at your knee by bending and rotating your trunk. Continue to look at the handle as you lift your trunk and rotate, stretching the tubing up and across your body. Keep your elbows straight. Hold and slowly return.



### Thera-Band® Tubing Lunge

*Strengthens the knees and legs*

Stand with one foot on the middle of the Exercise Tubing. Grasp handles with your hands at chest level and elbows bent. Place your other leg behind with knee slightly bent. Keeping your trunk upright, bend your front knee, lowering the body straight down, then return to the upright position against the tubing. Keep your back straight and avoid rounding your back.

## “expert CORNER

### Thera-Band will always meet your expectation

"I know that Thera-Band bands, like many of the Thera-Band products I use, are backed by research. You can trust that this product will always meet your expectation. The pre-cut bands make it easy to provide patients just what they need—a professional, high quality product—plus the convenience of buying the product from you."

**Andre Labbe, PT, MOMET**  
Owner and Director of Clinical Services  
A&K Physical Therapy

### I realized that there was a big difference

"In the past, I've used several different brands of resistance bands without putting much thought into which brand I was using. But recently I went back to using the real Thera-Band exercise tubing with handles and new resistance loops, and I realized that there was a big difference. Sometimes you forget how superior Thera-Band is to the competition. It is worth the extra pennies to go for the real Thera-Band products. There is no comparison to the feel and quality of resistance that they provide."

**Michael M. Reinold, PT, DPT, SCS, ATC, CSCS**  
Head Athletic Trainer  
Boston Red Sox

## Thera-Band® Elastic Resistance as Effective as Dumbbells

Because the convenience and accessibility of elastic bands and tubing can benefit patients continuing with rehab exercises at home, a study was conducted to confirm that elastic resistance is as effective as isotonic resistance without the hassle of dumbbells.



The study involved 16 healthy female workers, and testing was performed on all participants using both elastic tubing and dumbbells. The researchers compared three exercises with comparable intensities of elastic isotonic resistance.

**Results: Comparably high levels of muscle activation were obtained during exercises with dumbbells and elastic resistance, indicating that therapists can choose either type in clinical practice, thus allowing them to customize rehabilitation programs.**

Andersen LL et al. 2010. *Muscle activation and perceived loading during rehabilitation exercises: comparison of dumbbells and elastic resistance.* *Physical Therapy.* 90(4). 538-549

## Thera-Band Strength Training Offers Significant Physiological Benefits

Access to strength training equipment is frequently cited as a barrier to participating in a strengthening exercise program. Recognizing the availability of resistance bands, researchers compared two training programs to determine if there were any differences between band and machine strength training. The 10-week study involved 45 middle-aged women.

**Results: Thera-Band resistance bands offer significant physiological benefits that are comparable to those obtained from weight machines in the early phase of strength training. The authors suggested that elastic resistance is a much more cost-effective, convenient and portable way to exercise than weight machines.**

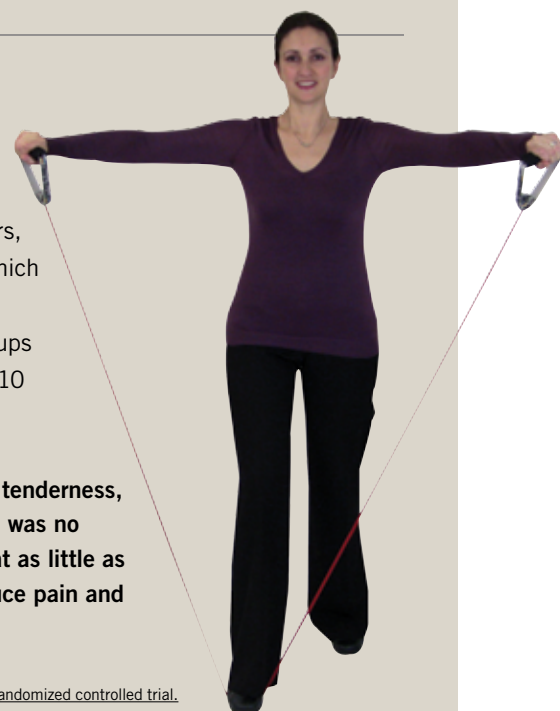
Colado JC, Triplett NT. 2008. *Effects of a short-term resistance program using elastic bands versus weight machines for sedentary middle-aged women.* *J Strength Cond Res.* 22(5):1441-1448

## Study Shows Easy, 2-Minute Exercise Significantly Reduces Pain in Office Workers

Neck pain combined with shoulder pain is a common problem among desk workers, particularly those using a desktop computer. Researchers completed a study in which subjects with neck and shoulder pain were randomly assigned to a non-exercising control group, or to a two-minute or a 12-minute exercise group. The exercise groups performed a lateral raise with Thera-Band Exercise Tubing five days per week for 10 weeks for either two or 12 minutes.

**Results: Both exercise groups significantly reduced their neck/shoulder pain and tenderness, and significantly increased their strength compared to the control group. As there was no significant difference between the exercise groups, the researchers concluded that as little as two minutes of exercise with Thera-Band resistance per day can significantly reduce pain and tenderness in office workers with neck/shoulder pain.**

Andersen LL, et al. *Effectiveness of small daily amounts of progressive resistance training for frequent neck/shoulder pain: Randomized controlled trial.* *Pain.* 2011 Feb;152(2):440-6



## Add Even More Versatility to Bands and Tubing

Our accessories are the perfect complement to any band or tubing that goes home with a patient. Accessories empower patients to use Thera-Band Elastic Resistance products correctly and safely.

For example, the Door Anchor can help you turn a patient's door into a sturdy rehab station. When anchoring bands, tubing, loops and other Thera-Band products, users have an easy option—no knot tying, no shutting the door gently to prevent nicks, no guesswork whatsoever. Instead, they connect their exercise tool to the Door Anchor, which conveniently and securely attaches to any point along the doorframe as the exercise requires.

Our other **Elastic Resistance Accessories**—Exercise Handles, Sports Handle, Assist™ Strap and Extremity Strap—further empower you to convert your patients' homes into highly functional elastic resistance experiences. Consider them your secret weapon to unlock the full potential of Thera-Band® Elastic Resistance products.



**22130 Door Anchor** – Used to secure bands or tubing for upper and lower body workouts. Can be secured at any point along the frame of a standard door, offering versatile anchoring options.



**22135 Accessories Kit (Retail Display Box)** – Includes a Door Anchor, an Assist Strap and two Exercise Handles.



**22010 Assist™ Strap** – Increases the range of exercises that can be performed with bands and tubing. One end loops around an extremity, while the band / tubing is attached to the other end. This allows users with poor grip strength, like victims of arthritis, to use bands and tubing in training and rehab programs.



**22125 Sports Handle** – 30.5 cm (12") long and allows for two hands to grasp the handle easily.



**22120 Exercise Handles (pair of two)** – Provide an easy, secure grip for bands or tubing.



**22140 Extremity Strap** – Cuff wraps around an extremity to serve as an attachment point, while the cinching mechanism is used to secure the cuff to a band or to tubing.



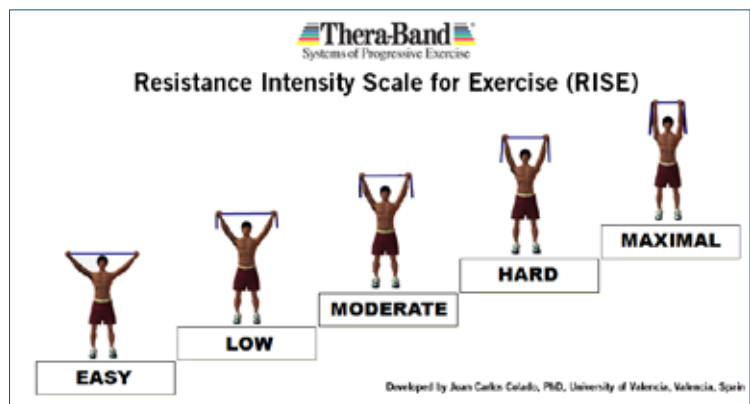
## What color do I use and how do I progress the colors?

Following the principles of patient positioning, you can easily estimate the resistance provided by Thera-Band® bands or tubing based on the range of motion and the product pull forces as shown on page 6. For example, performing shoulder flexion to 90 degrees with a Thera-Band Yellow Band equal to the length of the limb moving would produce approximately three pounds based on 100% elongation. This is particularly helpful when you have been given resistance limits after a surgical repair. In general, choose a band or tubing color that allows the individual to complete 10 to 15 repetitions per set to the point of fatigue. This is called the “multiple repetition maximum,” or the number of repetitions that can be completed at one time—no more, no less.

The “Rating of Perceived Exertion” (RPE) scale is another option for dosing the appropriate intensity level. The two most common RPE scales are the Borg Scale (Borg, 1998) and OMNI Scale (Robertson, 2004). Resistance training programs should use a band color that provides an exertion between 12 and 14 on the Borg Scale, or 5 to 7 on the OMNI scale, while rehabilitation programs may use lower levels.

Recently, Dr. Juan Colado of the University of Valencia in Spain validated a new perceived exertion scale exclusive to Thera-Band resistance products (Colado et al. 2011). The new Resistance Intensity Scale for Exercise (RISE) helps individuals identify their exertion from easy to maximal while exercising with Thera-Band resistance bands and tubing. Using the scale helps clinicians prescribe the appropriate intensity and progression of resistance exercise training.

The success of an exercise program depends on progression. As the exercises become easier to perform, the resistance can be increased by progressing to the next color of band or tubing. Each progressive step between the Thera-Band colors of tan through black represents a 25% increase at 100% elongation.



## How do I choose between latex and non-latex bands?

A latex allergy is characterized by a reaction to certain proteins found in natural rubber latex ranging from sneezing to anaphylaxis (a potentially life-threatening condition). Patients should always be asked about potential latex allergies prior to using elastic resistance bands and tubing, or any product containing latex. For those patients who do have a latex allergy / concern and for facilities that have a no-latex policy, Thera-Band Latex-Free Professional Resistance Bands offer a great alternative. Thera-Band Latex-Free Bands provide the same quality and trusted resistance progression of natural latex bands without the potential for causing a latex allergy reaction.

## What does protein mean and does it matter?

Latex proteins from *Hevea brasiliensis* (the rubber tree) cause the latex allergy. Some patients and healthcare professionals who aren't allergic to latex want to limit their exposure to those proteins, but they don't want to “ban” latex altogether. These individuals sometimes choose “low-protein” elastic resistance products—the protein level is lowered through a multiple-washing process, but the products still contain latex.

The simple truth is that any person concerned about protein levels or potential latex allergies should use latex-free bands, not low-protein bands. Thera-Band Latex-Free Professional Resistance Bands give you and your patients all the benefits of latex, with no exposure at all.

## What do I need to know about powder?

All natural latex products require some sort of coating to counteract the natural stickiness of the latex, requiring that either a powder or a sealant be used. Thera-Band latex resistance bands utilize a food-grade, non-toxic powder that reduces the natural stickiness of the latex.

## Why do some companies use fillers?

In addition to latex, ingredients in traditional resistance bands and tubing assist in curing, providing product color and optimizing the performance of these natural materials. “Fillers” are sometimes added to latex bands to reduce their manufacturing cost; however, this can introduce weaknesses that can lead to tearing and breaking. To provide professional-grade quality, Thera-Band latex resistance bands do not contain fillers.

**Please see page 43 for additional resources on elastic resistance.**



## Versatile In-Clinic Hub, Home Exercise Success

As patients undergo in-clinic rehabilitation, they often move to multiple stations and pieces of equipment to complete the circuit. As they progress from range of motion to strength to balance and finally function, the same is also true. This traditional approach can be overwhelming, requiring a lot of square footage and often placing patients on intimidating machines.

Enter the **Thera-Band® Rehab & Wellness Station**—a simple, single hub. Patients can perform their entire rehab program in one small space, on a station that offers range of motion, balance, strength and functional efficacy. And they absolutely love the simplicity.

They also love the visual progression. The station embodies the Thera-Band System of Progressive Exercise concept, and is designed to integrate the use of progressive elastic resistance for strength training with Thera-Band Exercise Balls and Stability Trainers. This integrated approach facilitates exercises that don't *feel like* exercise. Instead, patients find them interesting and fun. Tubing attachment points on multiple planes allow for creative exercises that effectively isolate muscles.







**21915 Thera-Band Rehab & Wellness Station** enables easy transitions between clinic visits and home exercise programs.



**Station includes:**

- Multi-dimensional wall mount system that provides three planes of movement with slide tracks, position indicators and one-hand lock down to enable easy patient set up, charting and documentation
- Portable base system with six connection points
- Trusted Thera-Band Resistance Tubing in four progressive levels and three lengths
- Three Thera-Band Pro Series SCP® Exercise Balls (Yellow, Green, Red)
- Two sets of Thera-Band Stability Trainers (Green, Blue)
- A complete accessory kit, including Waist Belt, Assist Straps (2), Head Strap, Exercise Bar, Extremity Straps (2), Exercise Handles (2) and an Accessory Rack
- Exercise CD with ready-to-use printouts and directions for at-home exercise programs
- Four full-color exercise wall posters
- Educational video with system introduction and exercise illustration

The Thera-Band color sequence links the Station to your home exercise product recommendations.



A complete accessory kit including Thera-Band Resistance Tubing



Two levels of Thera-Band Stability Trainers (Green, Blue)



Three Thera-Band Pro Series SCP® Exercise Balls (Yellow, Green, Red)

## Ultra Compact and Affordable Options

**21900 Thera-Band® Professional Exercise Station** combines strength, balance and flexibility exercises into one convenient system for fitness and therapy.



- Integrates with Thera-Band Exercise Balls and Stability Trainers.
- Includes Thera-Band Resistance Tubing in three progressive levels and three lengths.
- Supplied with a 91.5 cm (36") Padded Exercise Bar, two Exercise Handles, two Assist™ Straps, and a full-color poster with 24 exercises and safety instructions.
- At approximately 6.5 kilograms (14 pounds), the base is lightweight and stackable.




**21910 Thera-Band Wall Station** is the first compact, total body rehabilitation system designed for in-clinic strength training.



- Features the familiar colors and resistance levels of Thera-Band resistance tubing. Includes 30.5 cm (12") Tubing in four progressive levels.
- Multidimensional design with three planes of movement.
- Comprehensive accessory package including Exercise Handles, Extremity Straps and Head Strap.
- Two full-color exercise posters.

## Accessories

 Training Station Accessories are compatible with the Rehab & Wellness Station, Exercise Station, Wall Station or other exercises.



### Tubing Part Number by Resistance Level and Length

	30.5 cm (12") Length with Connectors	45.5 cm (18") Length with Connectors	61 cm (24") Length with Connectors
Thera-Band Yellow / Thin, set of 2	21620	21621	21622
Thera-Band Red / Medium, set of 2	21630	21631	21632
Thera-Band Green / Heavy, set of 2	21640	21641	21642
Thera-Band Blue / Extra Heavy, set of 2	21650	21651	21652



**22012 Assist™ Strap** – with “D” ring connector, set of 2



**22150 Padded Bar** – 91.5 cm (3 ft.) length with “D” ring connectors



**22121 Exercise Handles** – with “D” ring connector, set of 2



**22001 Waist Belt Small / Medium**

**22000 Waist Belt Medium / Large**



**22141 Extremity Strap** – with “D” ring connector, set of 2



**22003 Head Strap**



**22006 Accessory Rack**

## “expert CORNER

### It's the core of our rehab program

“When we open new clinics, the Thera-Band Rehab & Wellness Station is the core of our rehab program. It's the first piece of rehab equipment we buy and the most often used in the clinic. In fact, we find that patients like it so much that we've purchased more than one for each clinic. We've been using the Rehab & Wellness Station for many years and have come to appreciate all the benefits it provides to both our patients and staff. Because the Station can fit almost anywhere, even existing clinics can reap these benefits; and they should.”

**Barton N. Bishop, DPT, SCS, TPI CFGI-MP2, CKTI, CSCS**  
**Chief Clinical Officer**  
**Sport & Spine Rehab / Sport & Spine Athletics**



**Rehab Station Terminal Knee Extension on Stability Trainers**

*Strengthens the knee*

Attach the Extremity Strap at the lower vertical mark and place it around the back of the knees. Create a vector of resistance that pulls the knees forward. Begin with knees slightly bent and stand to extend knee against tubing. Hold and slowly return to bent position.

**Rehab Station Lumbar Stabilization**

*Strengthens back muscles*

Lie across the exercise ball so that your back is straight. While keeping your right hand on the edge of the Exercise Station and your left foot on the floor, hold the Tubing with Handles in your left hand and raise your left arm and right leg at the same time until they are even with your back. Hold and slowly return. Alternate lifting opposite arm and leg. Keep extremities straight.



**Wall Station Lower Trapezius Retraction and Depression**

*Strengthens the lower trapezius and inhibits the upper trapezius*

Place the Extremity Strap around the shoulder. Create a vector of resistance that pulls the shoulder upward and forward along the line of the lower trapezius. Pull the shoulder down and backward to retract the scapula. Hold and slowly return.

## Exercise Station as Effective as Free Weights and Weight Machines



This study, conducted on fit young women, compared the effectiveness of two strength training programs—one using the Thera-Band® Exercise Station with elastic tubing and the other using weight machines and free weights.

**Results: Resistance training using the Thera-Band Exercise Station and elastic tubing had equivalent improvement in strength as compared to resistance training with weight machines and free weights.**

Colado et al. 2010. [A comparison of elastic tubing and isotonic resistance exercises](#). *Int. J Sports Med* 31(11):810-7

## Exercise Station Program Significantly Improves Fitness in Older Adults

A 12-week community-based circuit exercise training program using the Thera-Band Exercise Station was conducted to study its effectiveness on older men and women. These older adults performed a moderate intensity aerobic and resistance training circuit with the Exercise Station.

**Results: Older adults experienced significant improvements in a variety of measures of functional fitness. The researchers reported that the fitness gains were similar to those seen with more expensive, hydraulic machines.**

Rogers et al. 2010. [Effect of concurrent aerobic and resistance circuit exercise training using the Thera-Band Exercise Station in older adults](#). *Proceedings of the 12th Annual Thera-Band Research Advisory Committee*. July 19-21, 2010. Athens, Greece. p 11.



### It's a product I wholeheartedly endorse

"The Thera-Band Wall Station is a very effective piece of equipment that we use here in our clinic for treatment with patients on nearly a daily basis. It's particularly useful in shoulder rehabilitation as it allows us to consistently apply the right length of tubing for the patient during their exercises. This is a product that I wholeheartedly endorse and use on a consistent basis."

**Todd S. Ellenbecker, DPT, MS, SCS, OCS, CSCS**

**Clinic Director, Physiotherapy Associates Scottsdale Sports Clinic; National Director of Clinical Research, Physiotherapy Associates; Director of Sports Medicine, ATP World Tour**



## The Professional Slow-Deflate Ball

Professionals clearly prefer our line of exercise balls, which is led by **Thera-Band® Pro Series SCP®**—the premier *slow-deflate* exercise ball on the market for many reasons. One is professional: This ball was specially designed to deflate slowly if punctured, thereby reducing risk of injury. It also provides improved stability at the points of body contact and enhanced performance due to the responsive surface design. Another reason is personal: It's simply the most comfortable exercise ball patients will sit on. It's also the best one they'll grip, thanks to built-in latitudinal ridges and an outstanding texture that doesn't feel like plastic.



The **Thera-Band Pro Series SCP Exercise Ball** is available in five sizes for a custom fit. Each slow-deflate exercise ball comes with two plugs, an inflation adapter, a measuring tape to help insure proper inflation, and a poster detailing 24 exercises.

- LF Individually Boxed for Retail**
- 23015 Pro Series SCP Ball, 45 cm / Thera-Band Yellow
  - 23025 Pro Series SCP Ball, 55 cm / Thera-Band Red
  - 23035 Pro Series SCP Ball, 65 cm / Thera-Band Green
  - 23045 Pro Series SCP Ball, 75 cm / Thera-Band Blue

- LF Bulk Packaged in a Poly-Bag**
- 23115 Pro Series SCP Ball, 45 cm / Thera-Band Yellow
  - 23125 Pro Series SCP Ball, 55 cm / Thera-Band Red
  - 23135 Pro Series SCP Ball, 65 cm / Thera-Band Green
  - 23145 Pro Series SCP Ball, 75 cm / Thera-Band Blue
  - 23155 Pro Series SCP Ball, 85 cm / Thera-Band Silver  
(Silver available in bulk packaging only)

**ABS Exercise Ball** provide an extra margin of safety when performing core strength or trunk exercises, and in rehab applications. ABS (Anti Burst System) exercise balls are made from a specially formulated compound, resisting the tendency to burst when punctured and gradually deflates. Four sizes are available to accommodate users' height variations. Each ball comes with two plugs and an inflation adapter.

\* ABS is a registered tradename of Togu Obermaier oHG

### ABS Exercise Ball (Europe Only)

- 23011 ABS® Exercise Ball, 45 cm / yellow
- 23021 ABS® Exercise Ball, 55 cm / red
- 23031 ABS® Exercise Ball, 65 cm / green
- 23041 ABS® Exercise Ball, 75 cm / blue
- 23050 ABS® Exercise Ball, 85 cm / silver

Body Height	Suggested Ball Size
4'7"-5'0" or 140-153 cm	Yellow (18 in / 45 cm)
5'1"-5'6" or 155-168 cm	Red (22 in / 55 cm)
5'7"-6'1" or 170-185 cm	Green (26 in / 65 cm)
6'2"-6'8" or 188-203 cm	Blue (30 in / 75 cm)
Over 6'9" or 205 cm	Silver (33 in / 85 cm)

## The Best Standard Exercise Ball on the Market

Our **Standard Exercise Ball** is also a great fit, helping patients of all kinds turn their missions into milestones. Anyone can use it to rehab effectively or stretch the limits of their physical fitness.



**Standard Thera-Band® Exercise Balls** come with two plugs, an inflation adapter and a helpful poster illustrating 24 exercises. Five sizes of balls are offered to accommodate users' height variations.

- LF Individually Boxed for Retail**
- 23010 Standard Exercise Ball, 45 cm / Thera-Band Yellow
  - 23020 Standard Exercise Ball, 55 cm / Thera-Band Red
  - 23030 Standard Exercise Ball, 65 cm / Thera-Band Green
  - 23040 Standard Exercise Ball, 75 cm / Thera-Band Blue

- LF Bulk Packaged in a Poly-Bag**
- 23110 Standard Exercise Ball, 45 cm / Thera-Band Yellow
  - 23120 Standard Exercise Ball, 55 cm / Thera-Band Red
  - 23130 Standard Exercise Ball, 65 cm / Thera-Band Green
  - 23140 Standard Exercise Ball, 75 cm / Thera-Band Blue
  - 23150 Standard Exercise Ball, 85 cm / Thera-Band Silver (Silver available in bulk packaging only)

### Exercise Ball Accessories

- LF 23210 Power Pump** - An essential tool for achieving and maintaining proper exercise ball inflation. Most clinics use hard-to-use ball pumps. This one is easy!



- LF 23230 Exercise Ball Stackers** - Set of three. Simplifies storage of inflated balls.



## “expert CORNER

### We take safety and quality very seriously

“For the past two years, we have used the Thera-Band slow-deflate balls exclusively for ball-related exercise and sales. Our company currently consists of 12 outpatient clinics and two hospital-based programs. We take safety and quality very seriously and have not been disappointed in the Thera-Band products.”

**Mike Cicero, PT**  
**Director of Acute and Outpatient Operations**  
**Burger Rehabilitation**



**23085 Thera-Band® Mini Ball** is soft and inflatable to support a range of varied and effective exercises designed to increase core strength in the back and abdominals. Tactile, stretchy PVC makes the yellow 23 cm (9") diameter ball responsive to the touch and non-slip when placed against a hard surface. An instructional poster is included.



**The Thera-Band Pilates Balls** are universal training tools of exercise in the classic pilates school. Available in three sizes, soft and easy to handle, the balls can be used for pelvic re-education or shoulder rehabilitation. The foldable ball is easy to inflate and deflate.

**Thera-Band Pilates Balls (Europe Only)**

- 24030 Red / Ø 18 cm
- 24040 Blue / Ø 22 cm
- 24050 Silver / Ø 26 cm

**research**   
HIGHLIGHTS

**Thera-Band Exercise Ball More Effective than Crunch or Sit-up at Activating Core Muscles**

In addition to traditional abdominal crunches, the exercise ball offers a wide range of exercises aimed at activating the core muscles. With the variety of exercises being performed on exercise balls, more research was needed to prove or disprove the efficacy of specific exercises. To meet this need, electromyographic (EMG) data was recorded on 18 subjects performing eight “core” exercises on the Thera-Band exercise ball.

**Results: The roll-out and pike exercises on a Thera-Band exercise ball were the most effective exercises in activating the abdominals while minimizing low back and rectus femoris activation. In addition, these exercises produced more activation of the core muscles than a traditional crunch or sit-up.**

Escamilla RF, et al. 2010. Core muscle activation during swiss ball and traditional abdominal exercises. *J Orthop Sports Phys Ther.* 40(5):265-76

### Thera-Band® Exercise Ball Cervical Stabilization

*Strengthens the neck*

Place the Exercise Ball against your forehead as you stand next to a wall. Maintain a neutral position of your neck. With your head, stabilize the ball against the wall and don't let the ball move. Be sure to avoid protracting your head into the ball.



### Thera-Band Loop Hip Extension on Exercise Ball

*Strengthens leg extensors, hips and low back.  
Also good for core stabilization.*

Lie prone on an Exercise Ball. Place a Band Loop around your ankles. Keep one foot on the floor while extending your leg. Keep your knees and back straight. Hold and slowly return.



### Thera-Band Tubing Shoulder Lat Pull Down on Exercise Ball

*This exercise strengthens the back of the shoulder and middle back*

Secure the middle of a long Exercise Band or Tubing to a stationary object above shoulder level. Sit on an Exercise Ball, facing the attachment. Grasp the ends of the band/tubing above shoulder height with your elbows extended. Bend your elbows and bring your hands to your chest, pulling the band/tubing down and back. Hold and slowly return.





## One Balance System for All Patient Needs

Have you seen the evidence lately about the effectiveness of balance boards and foam surfaces? Unstable surfaces are leading to unwavering results—reduced risk of sports-specific injuries, increased core strength, improved muscle reaction times, decreased risk of falls, improved gait and mobility, increased proprioception, and more.

Thera-Band® stability products, designed for people of all fitness levels, are the best solutions on the market for sports performance enhancement, balance training and rehabilitation. If your patients aren't receiving the benefits of sensorimotor and proprioceptive training, we have a simple, proven package to increase your breadth and effectiveness. We've put together the exercises, the products and the protocols you need.

Our complete line of stability products follows the Thera-Band System of Trusted Progressive Exercise, enabling you to help patients advance effectively through different levels. We make effective balance training simple.

Thera-Band balance products include both soft stability tools (Stability Trainers and Stability Disc) and rigid stability tools (Rocker Board and Wobble Board). Their durable, lightweight construction makes all of these products user-friendly, but their benefits extend much deeper than the surface.

### Thera-Band® System of Progressive Exercise



The original system of progressive exercise.



**Thera-Band Stability Trainers** are oval-shaped, color-coded pads supplied in three densities to provide a progressive system of balance training for rehab, post-rehab conditioning and fitness applications. The Green (Firm, Beginner) and Blue (Soft, Intermediate) pads are molded in closed-cell foam with a ridged surface. The Black (Extra-Soft, Advanced) PVC pad is inflated with air and has rounded points that provide tactile stimulation on one side. The Black Stability Trainer has sturdy edges that help prevent ankle-roll—a differentiator in the air-filled balance product marketplace.

- 23305 Stability Trainer, Thera-Band Green, Firm (Beginner)
- 23304 Stability Trainer, Thera-Band Blue, Soft (Intermediate)
- 23307 Stability Trainer, Set of 2, Thera-Band Green, Firm (Beginner)
- 23306 Stability Trainer, Set of 2, Thera-Band Blue, Soft (Intermediate)
- 23323 Stability Trainer, Thera-Band Black, Extra-Soft (Advanced)





**Thera-Band® Rocker and Wobble Boards** comprise the rigid stability line and embody the higher end of the Thera-Band system of progressive balance training. Unlike many competitors' products, they are durable and lightweight. Made of molded plastic, the square Rocker Board and round Wobble Board also offer security and versatility in the form of an anti-slip bottom and a textured top for additional proprioceptive input.

- 23300 Rocker Board, Thera-Band Black, Challenging
- 23301 Wobble Board, Thera-Band Black, Very Challenging



The **Thera-Band Stability Disc** is more challenging than the Thera-Band Stability Trainers. The 33 cm (13") diameter Disc offers an unstable, sensory-stimulating surface designed to facilitate balance and proprioceptive training, as well as automatic postural reactions. The Stability Disc is also ideal for active sitting.

- 23303 Stability Disc, Thera-Band Silver,  
Active Sitting / Advanced Sports Training



**Thera-Band Dynamic Ball Cushions** are usable as a balance trainer, dynamic seat cushion or universal trainings tool. The XL-Version offers various training opportunities in all body positions. Thera-Band Dynamic Ball Cushions offer an unstable and sensory stimulating surface designed to facilitate balance and proprioceptive training.

**Thera-Band Dynamic Ball Cushions (Europe Only)**

- 21430 Green, 33 cm without senso-knobs
- 21431 Green, 33 cm with senso-knobs on one side
- 21440 Blue, 36 cm without senso-knobs
- 21441 Blue, 36 cm with senso-knobs on one side
- 21451 Black, 50 cm big with senso-knobs on one side



## A Progressive Stabilization Training Program Using Unstable Surfaces

### Stage 1

#### Static: Progress the Base of Support

- Maintain balance on the progressively unstable surfaces of the Thera-Band® Stability Trainers and Balance Boards.
- Progress to unilateral stance.



### Stage 2

#### Dynamic: Progress the Center of Gravity

- Add arm and leg movements while balancing on the progressively unstable surfaces of the Thera-Band Stability Trainers and Balance Boards.
- For additional challenge, incorporate Thera-Band FlexBars® or Soft Weights.



### Stage 3

#### Functional: Add Functional Movement

- Perform functional movements (squat, lunge, step, push, pull, etc.) on the progressively unstable surfaces of the Thera-Band Stability Trainers and Balance Boards.

## Challenge your balance while adding leg or arm movements to different positions.

- Maintain balance on the unstable surface while progressing the Center of Gravity or adding functional movements such as squats or extensions.



## ACL Injury Prevention Program Effective for Soccer Players

research   
HIGHLIGHTS

Since ACL injuries can lead to a long absence from sports and are one of the main causes of permanent sports disability, it is essential to try to prevent them. A prospective, controlled 3-year study was conducted on 600 soccer players in 40 semiprofessional or amateur teams to determine the possible preventive effect of a gradually increasing proprioceptive training program on balance boards.

**Results: Neuromuscular training programs using rocker and wobble boards during the preseason can significantly reduce the risk of ACL injury in soccer players. Subjects in the proprioceptive training group were 7.6 times less likely to injure their ACL.**

Caraffa A et al. 1994. Prevention of anterior cruciate ligament injuries in soccer. A prospective controlled study of proprioceptive training. *Knee Surg Sports Traumatol Arthrosc.* 4(1):19-21.



### Provides a higher level of safety

“Thera-Band Rocker and Wobble Boards’ durable, lightweight construction make them ideal for my patients to use in my facility or at home. Their anti-slip bottom provides a higher level of safety than some other products on the market, while the textured top is great for proprioceptive training.”

**Clare Frank, DPT**  
**Clinical Faculty, Kaiser Permanente Movement Science Fellowship**

## Incredibly Effective, Unbelievably Simple



Millions of people want to get a grip on the best ways to improve hand, arm and shoulder strength. Millions more are dealing with painful tennis elbow and struggling to find a lasting, non-surgical solution.

Many older adults want mobility, hoping to get out of wheelchairs or to use walkers with greater ease. Arthritis patients want self-reliance, hoping to open more jars. They need your clinical expertise—and a **Thera-Band® FlexBar®**.

Professionals are seeing the value and efficacy of the FlexBar, a lightweight, easy to grip, portable resistance exerciser for rehabilitating and strengthening hands, wrists, forearms, shoulders and elbows. Each bar is 30.5 cm (12") long, with resistance levels that increase with each of four available color-coded diameters.

The product is an economical, simple tool for conducting a variety of exercises such as activity simulations, wrist abduction, thumb strengthening, eccentric twists and soft tissue manipulation. The exercise options are endless and only limited by the practitioner's imagination. Oscillation exercises are frequently paired with the FlexBar, which are helpful for activating various muscles and can vary based on oscillation direction. EMG evidence<sup>(1)</sup> shows that FlexBar oscillation activates specific upper extremity muscles, which can be helpful in shoulder rehabilitation.

### Thera-Band® System of Progressive Exercise



The original system of progressive exercise.



#### Thera-Band FlexBar

Individually packed. Exercise manual included.



26107 Thera-Band Yellow / Extra Light

26100 Thera-Band Red / Light



26101 Thera-Band Green / Medium

26102 Thera-Band Blue / Heavy

FlexBar	Force
Yellow	2.5 kg/6 lbs
Red	4.5 kg/10 lbs
Green	7 kg/15 lbs
Blue	11 kg/25 lbs

1. Page P, et al, 2004. Muscle activity of the upper extremity during oscillation exercise using the Thera-Band® FlexBar® (Abstract). *Hand Prints*. 21(5):7.

## Muscle Activity of Upper Extremity Increases During Oscillation Exercise Using FlexBar

This study investigated the muscle activation (with surface electromyography) of the upper extremity during a Thera-Band FlexBar oscillatory exercise in different shoulder positions and planes of oscillation.

**Results:** The scapular muscles exhibited the highest activation in the Scaption/Sagittal condition, suggesting that this condition be used in the rehabilitation of scapular stabilizers. The ratio of lower trap:upper trap activation demonstrated values of 1.6 to 2.3, indicating that Scaption / Saquital plane oscillation may be optimal for restoring muscle balance at the shoulders.

research   
HIGHLIGHTS

Page P, et al, 2004. Muscle activity of the upper extremity during oscillation exercise using the Thera-Band® FlexBar® (Abstract). *Hand Prints*. 21(5):7.



## Breakthrough Strength Training Exercise May Help Treat Tennis Elbow



A novel exercise using the Thera-Band® FlexBar® provides an eccentric exercise for tennis elbow. In the study, one group of tennis elbow patients received traditional physical therapy, while the other received traditional physical therapy with the addition of the novel “Tyler Twist” eccentric exercise.

**Results: The patient group that utilized the Tyler Twist exercise in their treatment plan reported an 81% improvement in elbow pain and a 72% improvement in strength, while the control group showed little or no improvement.**

Tyler TF, et al. 2010. Addition of isolated wrist extensor eccentric exercise to standard treatment for chronic lateral epicondylitis: A prospective randomized trial. *J Shoulder Elbow Surg.* 19(6):917-922



**Step 1:** Grasp the FlexBar in front of you with the injured side and extend your wrist.



**Step 2:** Grasp the upper end of the bar with your other hand facing away from you.



**Step 3:** Twist the bar with the top hand as you stabilize with the bottom hand.



**Step 4:** Hold both wrists steady as you extend both elbows in front of you. The wrist on your injured side should be extended and the other wrist flexed.



**Step 5:** Slowly release the bar with your injured side while maintaining tension with the uninjured side.

Repeat 10-15 times up to three times a day. Begin with the Red FlexBar and progress to the next color when you can easily perform three sets of 15. Use Biofreeze Pain Reliever for any soreness. For more information on the FlexBar/Tennis Elbow study and a video of this eccentric exercise, please visit <http://info.thera-bandacademy.com/flexbarelbow>.

### Seen by Over 30 Million People!

The findings of the Thera-Band FlexBar/Tennis Elbow study have been published in respected and well-read publications such as the Reader's Digest, USA TODAY and The New York Times. Its findings revealed a practical and inexpensive at-home treatment that does not require direct medical supervision and has no significant side effects. You may have patients asking about the treatment. **They'll need your clinical expertise—and a Thera-Band FlexBar!**



### Effective in reducing pain and improving strength

“The recent tennis elbow research study by Tyler and others proves what we’ve seen in the clinic—the use of the Thera-Band FlexBar in concert with a physical therapy treatment regimen for wrist extensor strengthening is effective in reducing pain and improving wrist and forearm strength. We use the FlexBar regularly in our clinic, and for the treatment and training of elite level tennis players at tennis facilities around the world.”

**Todd S. Ellenbecker, DPT, MS, SCS, OCS, CSCS**  
**Clinic Director, Physiotherapy Associates Scottsdale Sports Clinic; National Director of Clinical Research, Physiotherapy Associates; Director of Sports Medicine, ATP World Tour**





## The Ultimate Hand Therapy Tool

- Supports flexion and extension
- Easily cleaned between patients
- Great for home exercise

The **Thera-Band® Hand Xtrainers** are truly a cross functional option, with applications ranging from rehab to strength training. They support a variety of finger, hand, wrist and forearm exercises making them an ideal replacement to putty and an economical alternative to hand extensors.

The Hand Xtrainer's intuitive design with built-in recovery allows for optimal form—an ideal feature for a home exercise tool. With four progressive levels, exercise can be geared to the individual patient's needs. Plus, the patented formula supports hot and cold therapy so it feels more comfortable in patients' hands.



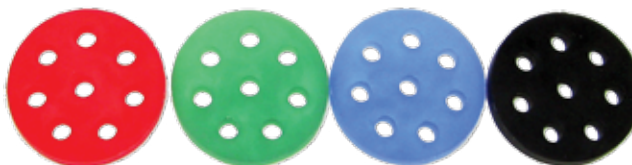
### Thera-Band® System of Progressive Exercise



The original system of progressive exercise.

- Thera-Band Hand Xtrainer**
  - 11966 Thera-Band Red / Beginner
  - 11965 Thera-Band Green / Intermediate
  - 11964 Thera-Band Blue / Advanced
  - 11963 Thera-Band Black / Advanced Sport Training
- \* Multi-lingual label; languages (GR, NL, DK, PT, FR, DE, ES, FI, SE, IT, CN, KR, JP, US)

### USE CHILLED OR HEATED



Visit [info.Thera-BandAcademy.com/Xtrainer](http://info.Thera-BandAcademy.com/Xtrainer) to watch a comparison video of the Thera-Band Hand Xtrainer vs. Putty. You will be amazed at the difference!

## Fun and Easy Hand Strengthening Tool

**Thera-Band® Hand Exercisers**, patented product for hands, fingers or forearms, are supplied in two shapes—standard and elongated—and five progression levels. Their unique soft feel enables users to complete a variety of movements to strengthen grip, increase dexterity and mobility, and improve fine and gross motor skills through a system of progressive compression while offering the added benefit of hot and cold therapy. The extra large, elongated hand exerciser is one-third larger than the standard size and is designed for patients with arthritis or large hands. Each Exerciser is individually packaged with exercise illustrations.



### Thera-Band Hand Exercisers

- 26020 Thera-Band Yellow / Extra Soft
- 26030 Thera-Band Red / Soft
- 26040 Thera-Band Green / Medium
- 26050 Thera-Band Blue / Firm
- 26060 Thera-Band Black/ Extra Firm
- 26070 Assorted / 6 ea. of Thera-Band Yellow, Red, Green and Blue



### Extra-large Hand Exercisers

- 26033 XL Thera-Band Red / Soft
- 26043 XL Thera-Band Green / Medium
- 26053 XL Thera-Band Blue / Firm
- 26063 XL Thera-Band Black / Extra Firm



**USE CHILLED  
OR HEATED**



**Thera-Band Hand Exerciser Accessories** - Along with the single packaging, the well known Thera-Band Hand Exercisers are available in a cardboard or an attractive wooden box.

### (Europe Only)

- 26090 Cardboard Box with 4 regular Hand Exercisers
- 26099 Wooden Box (empty) for 4 regular Hand Exercisers



**The Massage Balls** are used for reflex zone massage, improves circulation and relaxation. The balls are delivered with needle valve for individual pressure setting.

### Massage Balls (Europe Only)

- 26903 Orange / 6 cm
- 26900 Green / 8 cm
- 26902 Yellow / 8 cm
- 26901 Red / 9 cm
- 26912 Blue / 10 cm



### Ability to be chilled or heated

“With two sizes and five progressive density levels available, the Hand Exerciser can be used by patients with a variety of conditions. The product’s consistency, as well as its ability to be chilled or heated, are appealing features. It’s an inexpensive, yet valuable tool to help patients restore hand function.”

**Pamela E. Toto, PhD, OTR/L, BCG, FAOTA**  
Occupational Therapy Consultant and Direct Care Provider

## Complete Finger, Hand, Wrist and Forearm Rehab

The **Thera-Band® Progressive Hand Trainer** is a progressive system for hand and finger strengthening using familiar Thera-Band professional resistance material with die-cut holes for positioning. The special light resistance levels offer an ideal starting point for post-op hand and finger range of motion, grip and intrinsic strength training. Intro Kit includes assembly and use instructions.



- +** **Thera-Band Progressive Hand Trainer**
- 26200 Intro Kit, Includes Trainer and Thera-Band Tan, Yellow, Red, Green, Blue and Black Refill Sheets
  - 26210 Thera-Band Tan Refill
  - 26220 Thera-Band Yellow Refill
  - 26230 Thera-Band Red Refill
  - 26240 Thera-Band Green Refill
  - 26250 Thera-Band Blue Refill
  - 26260 Thera-Band Black Refill



## Versatile, Easy-to-Grip Alternative to Dumbbells

**Thera-Band® Soft Weights** are a soft alternative to traditional isotonic dumbbells and cuff weights. They appeal to older adults, people with arthritis or limited grasping ability, and people in toning, shaping and sport-specific programs.

Soft Weights offer a more functional, accommodating grip for unilateral or bilateral exercise progressions. They're ideal for balance training and stabilization exercises or with a rebounder or mini trampoline for plyometric exercises. The unique latex-free filling allows the ball size to remain constant at 4.5" in diameter for each weight in the color progression. As a result, users can increase weight without changing their grip or technique. Each Soft Weight is individually packaged with an exercise guide and safety instructions.



- LF** **Thera-Band Soft Weights**
- 25801 Assorted 1 each of Thera-Band Tan, Yellow, Red, Green, Blue and Black
  - 25811 Thera-Band Tan, 1.1 lb / 0.5 kg
  - 25821 Thera-Band Yellow, 2.2 lb. / 1.0 kg
  - 25831 Thera-Band Red, 3.3 lb. / 1.5 kg
  - 25841 Thera-Band Green, 4.4 lb. / 2.0 kg
  - 25851 Thera-Band Blue, 5.5 lb. / 2.5 kg
  - 25861 Thera-Band Black, 6.6 lb. / 3.0 kg
  - 23226 2-Tier Rack

### “expert CORNER

#### Progress without changing grip or technique

“I like the unique progressive design of the Thera-Band Soft Weights, which allows the user to progress weight in their rehabilitation program without changing grip or technique. I use the Soft Weights when working with patients of all ages and have come to rely on the product’s consistency and quality.”

**Robert C. Manske, PT, DPT, MEd, SCS, ATC, CSCS**  
Associate Professor; Department of Physical Therapy  
Wichita State University





**LF** Thera-Band® Comfort Fit Ankle & Wrist Weight Sets

- Neoprene exterior with adjustable strap and soft terrycloth interior
- Retail packaged, ideal for at-home use
- Reflective trim
- Safety instructions included



- 25870 Red Pair (450 g/1 lb each)
- 25871 Green Pair (680 g/1.5 lb each)
- 25872 Blue Pair (1130 g/2.5 lb each)



**LF** Thera-Band® Exercise Mats

- Made of high-density polyethylene, a lightweight non-PVC material
- Easy to clean surface feels soft to the touch
- Waterproof, wear resistant, and designed for maximum support
- Supplied with pre-drilled hanging holes and two elastic straps for easy storage
- Choose from three vibrant colors in 60 cm (24") or 102 cm (40") width, 190 cm (75") length
- Individually packed in clear zipper bag

**60 cm (24") 190 cm (75") x 1.5 cm (.6")**

- 25053 Thera-Band Blue
- 25054 Thera-Band Green
- 25055 Thera-Band Red

**60 cm (24") 190 cm (75") x 2.5 cm (1")**

- 25063 Thera-Band Blue
- 25064 Thera-Band Green
- 25062 Thera-Band Red

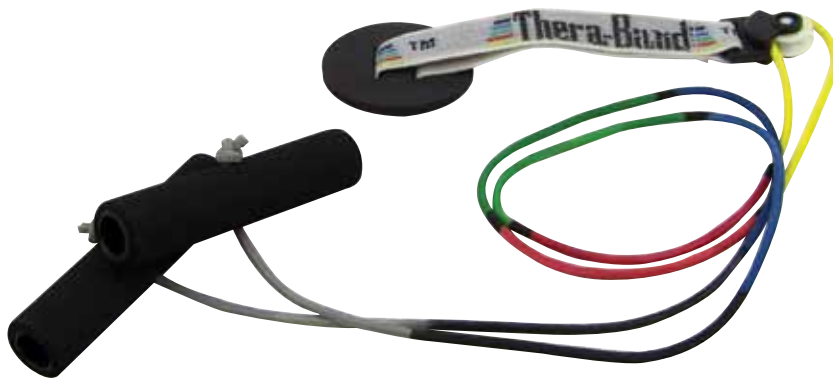
**102 cm (40") 190 cm (75") x 1.5 cm (.6")**



- 25073 Thera-Band Blue
- 25074 Thera-Band Green
- 25075 Thera-Band Red

## The Shoulder Pulley that Provides Feedback

Patients, whether at home or in the clinic, want to gain a sense of their progress. The **Thera-Band® Shoulder Pulley** helps them see that progress—which drives motivation and in turn, improves compliance.

The Shoulder Pulley, which anchors to the top of a door or at any point along a standard door jamb for ease of use, has distinct black marks on the rope to make clinician instructions clearer and patient progress more obvious. By using these black marks, you can now prescribe and progress pulleys the same way you do bands and other progressive tools. And with the colors, you know it's from Thera-Band. To complete the package, this unique pulley also includes clear, accurate instructions.



-  **52161 Shoulder Pulley**  
Retail Packaged EU & Latin America Multi  
Lingual Package Insert Enclosed\*
-  **22161 Shoulder Pulley** Retail Packaged Asia  
Pacific Multi-Lingual Package Insert Enclosed\*\*

\* EU & Latin America package insert enclosed;  
languages (DK, IT, GR, DE, PT, SE, FI, NL, ES, FR, US)  
\* \* Asia Pacific package insert enclosed;  
languages (KR, JP, CN, US)

**27313 Thera-Band Shoulder Pulley - Bulk 12/cs**  
Bulk packaged in individual poly-bags  
(US, FR)

**27314 Thera-Band Shoulder Pulley - Bulk 12/cs**  
Bulk packaged in individual poly-bags  
(KR, JP, CN, US)

## “expert CORNER

### Perfect tool for prescribed home exercise

“The Thera-Band Shoulder Pulley’s versatility, adjustability and affordability make it a perfect tool for a prescribed home exercise program.”

**Jay Greenstein, DC, CCSP**  
CEO, Sport & Spine Rehab  
Sport & Spine Athletics

### Keeps patients motivated

“The Thera-Band Shoulder Pulley’s unique rope enables me to provide my patients specific direction on how to safely use the product. Plus, these marks provide my patients immediate feedback on their progress, which keeps them motivated. It’s an ideal tool for a home exercise program.”

**Timothy Tyler, PT, MS, ATC**  
Clinical Research Associate  
Nicholas Institute of Sports Medicine & Athletic  
Trauma



## Patent-Pending "Comfort Stretch" Design Increases Patient Range of Motion

Improving range of motion and flexibility is often one of the first goals in rehabilitation treatment. A pre-stretch contraction helps patients and clients improve their flexibility; and practitioners now have an innovative tool for the job—the **Thera-Band® Stretch Strap**.

The Stretch Strap's elastic design enables a highly effective contract-relax stretch, while the product's slight "give" supports a more comfortable static stretch. This functional dual purpose negates the need for static-only stretching straps.

The Stretch Strap's numbered, multi-loop design helps users comfortably stretch their major muscle groups as well as their extremities and specific connective tissues such as the plantar fascia. It also enables you to provide clear, accurate instructions when setting goals and limitations.



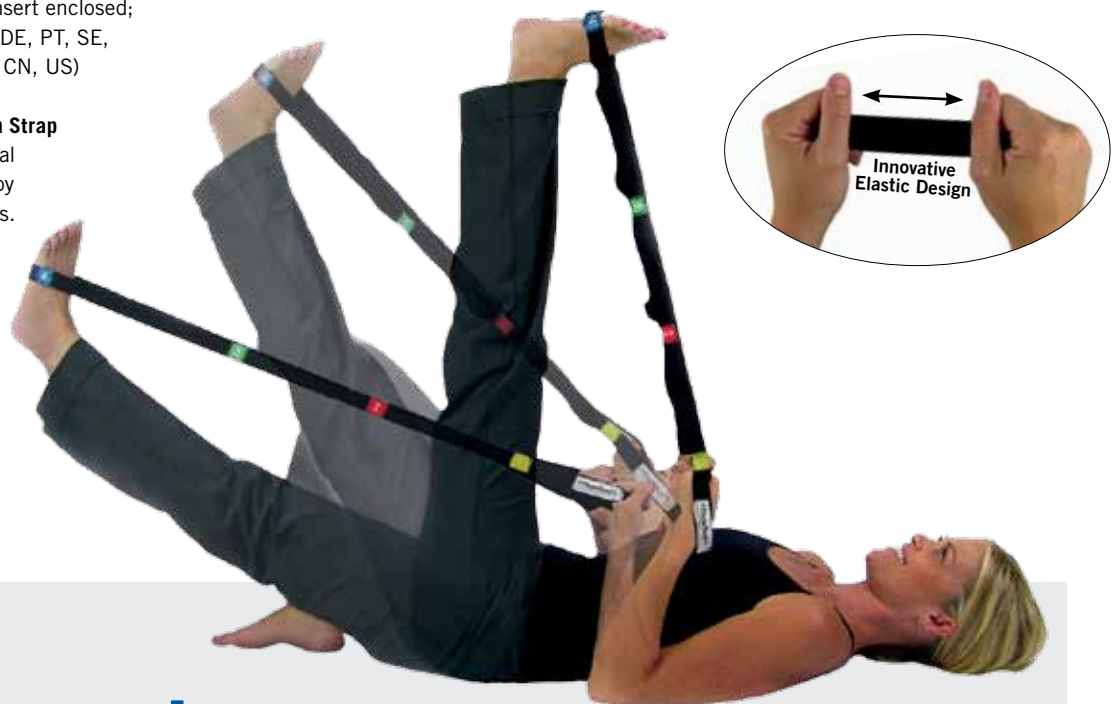
### 11659 Thera-Band Stretch Strap, Bulk Pack\*

\* Multi-lingual package insert enclosed;  
languages (DK, IT, GR, DE, PT, SE,  
FI, NL, ES, FR, KR, JP, CN, US)



### 22300 Thera-Band Stretch Strap

Bulk packaged in individual poly-bags. Accompanied by use and safety instructions.



## “expert CORNER

### Patients are willing to stretch more

“Proper muscle inhibition and muscle lengthening sets the foundation for skillful movements. Patients are willing to spend more time on stretching maneuvers when they use the Thera-Band Stretch Strap. This improves flexibility and has a strong effect on restoration of function and on relief of pain.”

**Jeffrey Tucker, DC, DACRB**

### Very comfortable and practical

“This strap's unique elastic design makes it very comfortable and practical for my patients to use. Plus, its versatility allows my patients to use it for many different types of stretches, including contract-relax. It's truly an effective and inexpensive addition to my arsenal of rehab tools.”

**Barton N. Bishop, DPT, SCS, TPI CFGI-MP2, CKTP, CSCS**  
**Chief Clinical Officer**  
**Sport & Spine Rehab / Sport & Spine Athletics**



## Unique Ridged Design Provides Massage-Like Experience

The **Thera-Band® Roller Massager+** is an innovative tool for myofascial release and deep tissue massage. Its unique patent-pending ridged design supports both superficial and deep tissue mobilization while providing a massage-like experience. Plus, the roller massager handles were designed to facilitate trigger point release. Use of the Roller Massager+ can help increase blood flow and circulation in targeted areas, while helping to increase muscle flexibility and range of motion.

Available in a Standard version plus a Portable version with patent-pending retractable handles. All Thera-Band Roller Massagers are individually packaged with detailed instructions featuring general techniques and advanced exercises divided by muscle region. They are constructed with durable latex-free thermoplastic material for extended life and easy cleaning. Thera-Band Roller Massagers can be used in-clinic, as a part of a home exercise program or as a patient/client self-initiated wellness routine.



### Thera-Band Roller Massager+

12010 Thera-Band Green / Ridged Standard



12011 Thera-Band Green / Ridged Portable



\* Multi-lingual package insert enclosed; languages (DK, IT, GR, DE, PT, NL, ES, FR, FI, SE, JP, KR, CN, US)

Standard



Overall length 21", roller length 9.5"

Portable with Retractable Handles



Handles in - overall length 12"

Handles out for use - overall length 19"



## Highly Durable Tissue Mobilization Tools

The **Thera-Band® Pro Foam Rollers** are made of highly durable closed-cell foam to extend product's life and maintain its form. They can be used as a standalone device or used in conjunction with the patent-pending Thera-Band Foam Roller Wraps+ to serve as a novel tool for hands-free myofascial release, deep tissue massage and stabilization exercises.

The Pro Foam Rollers are available in the standard 15 cm diameter, in both 91 cm and 30 cm lengths and a 15 cm half round diameter in the 91 cm length. They can be used in-clinic, as part of a home exercise program or patient/client self-initiated wellness routine. All Foam Rollers are individually packaged with detailed exercise instructions featuring general techniques and advanced exercises divided by muscle region to facilitate home exercise and in-clinic use.



### Thera-Band Pro Foam Rollers

11968 15 cm (6") Diameter, 30 cm (12") Length



11969 15 cm (6") Diameter, 91 cm (36") Length



11970 15 cm (6") Half Round Diameter, 91 cm (36") Length



## The First Customizable Wrap System Matches The Roller To The Need

Patent-pending, ridged **Thera-Band® Foam Roller Wraps+**, used in conjunction with standard 15 cm round foam rollers, serve as a novel tool for hands-free myofascial release, deep tissue massage and stabilization exercises, and can help increase muscle flexibility and range of motion.

Designed to support varying degrees of tissue mobilization, the Thera-Band Foam Roller Wraps+ are available in four successive colors of progressive density—Yellow (X-Soft) providing extra cushion for more delicate patient populations through Blue (X-Firm) for advanced fascia mobilization.



### Thera-Band Foam Roller Wraps+

Individually packaged with detailed color instructions by muscle region



- 11971 Thera-Band Yellow / X-Soft
- 11972 Thera-Band Red / Soft
- 11973 Thera-Band Green / Firm
- 11974 Thera-Band Blue / X-Firm

\* Multi-lingual package insert enclosed; languages (DK, IT, GR, DE, PT, NL, ES, FR, FI, SE, JP, KR, CN, US)

This revolutionary new system allows you to make the most of foam rolling, whether you're introducing it to your practice or enhancing an existing foam roller investment.



Use any foam

### 1. Start

- You can use any standard 15.5 cm round foam roller.
- Or try the new Thera-Band Pro Foam Rollers made of highly durable closed-cell foam.



Attaches in

### 3. Wrap

- Patent-pending wraps easily attach to the foam roller in seconds.
- Wraps are 30.5 cm in length and can be paired for wider options.



Stacks to save

### 2. Select

- Progressive therapy lets you choose the appropriate wrap for a specific patient.
- Four intensity options range from soft cushioning for compromised patients to deep, firm ridges for more aggressive therapy.



Durable closed-cell

### 4. Roll

- The complete system helps increase flexibility and supports spinal stabilization exercises.
- As the patient's therapy rolls along, advance from Yellow (X-Soft) to Red (Soft) to Green (Firm) to Blue (X-Firm).

## Massage and Cold Therapy that Fits the Foot

The **Thera-Band® Foot Roller** is an affordable, simple, effective tool that provides temporary relief from foot pain associated with common conditions and excessive activity. The ridges deliver a therapeutic foot massage, and its 4 cm diameter shape is ideal for stretching the plantar fascia and toes to help users increase flexibility. The Foot Roller can be chilled or frozen to help reduce inflammation and pain. Store it in the freezer so it's ready when you are! A hollow 1 cm center core helps you match it to any-sized foot. Great for tired, achy feet!



## “expert CORNER

### Patients stay compliant

“I’ve added the Thera-Band Foot Roller to all of my treatment protocols involving heel, arch and ball of foot pain. Because it’s inexpensive, easy to use and effective, my patients stay compliant with their strengthening regimen. As a result, they see improvement in their overall treatment program. It’s an easy-to-sell product that supports our quality care.”

**Andrew J. Schneider, DPM**  
Medical Director, Tanglewood Foot Specialists



**56150 Green, 4 cm (1.5") Diameter, 1 cm (.5") Center**  
EU & Latin America Multi Lingual Package Insert Enclosed\*



**26161 Green, 4 cm (1.5") Diameter, 1 cm (.5") Center**  
Asia Pacific Multi-Lingual Package Insert Enclosed\*\*  
\* EU & Latin America package insert enclosed; languages ((DK, IT, GR, DE, PT, SE, FI, NL, ES, FR, US)  
\*\* Asia Pacific package insert enclosed; languages (KR, JP, CN, US)

## ACTIVE HEALTH



**27150 The First Step to Active Health®** kit is your older patient’s first step towards physical activity. Designed specifically for adults over 50,



it is the most comprehensive, customizable and progressive activity program available for able-bodied yet inactive older adults.

It contains a Red Thera-Band Exercise Band and an evidence-based exercise program focusing on improving cardio fitness, flexibility, strength and balance. A free companion guide, The Active Aging Toolkit, explains the scientific foundation for the interventions, tools to assess and individualize activity programs, and strategies to encourage older adults to become more active. For more information, visit [www.FirstStepToActiveHealth.com](http://www.FirstStepToActiveHealth.com).





**For Low Impact Rehab and Swim Training**

Our line of **Thera-Band® Aquatic Products** assist therapy by protecting joints and reducing stress for patients who need to exercise in the water. They can also advance the performance of competitive and recreational swimmers.



**40100 Kickroller Floatation Device with Padded Grip**

- Ideal resistance device for upper and lower body strengthening
- Wide padded grips provide great platforms for lower extremity balance and stabilization training



**40090 Swim Bar with Padded Grip**

- Buoyancy-based swim training aid is perfect for all ages
- Used for trunk stabilization, strengthening and balance
- Made of high-density buoyancy foam



**40010 Closed Chain Buoyancy Disk**

- Versatile device used to water walk against resistance
- Supplied with adjustable foot straps
- Great for hip, leg, and shoulder muscle range of motion and stability



**Hand Bar with Padded Grip**

- Essential therapy tool to strengthen and increase range of motion
- Supplied in 3 progressive resistance levels to match user need
- Ideal for elbow and shoulder flexion and extension
- Supplied in pairs

- 40050 Light
- 40051 Medium
- 40052 Heavy



**Webbed Pull Buoy Swim Training Aid**

- Perfect for providing lower body buoyancy while swim training to improve upper body strength
- Supplied in 3 sizes to match user preference and buoyancy level

- 40170 10 cm (4") x 15 cm (6")
- 40171 10 cm (4") x 18 cm (7")
- 40172 10 cm (4") x 20 cm (8")



**Young Swim Belt with High-Density Buoyancy Foam**

- Ideal for use as an entry level swim training aid for younger swimmers
- Supplied in 3 sizes corresponding to buoyancy level

- 40140 Tadpole Swim Belt
- 40141 Youth Swim Belt
- 40142 Young Adult Swim Belt
- 40160 Replacement Strap - 1 m (44")



**40048 Aquafins® Aquatic Exercise Kit**

- Ultimate in water resistance training for upper and lower body
- One-size-fits-all cuffs attach comfortably to wrists or ankles
- Drag resistance intensity is adjusted by rotating the fins
- Supplied in pairs with attractive mesh carrying bag
- Includes two fins plus Quick Start Instruction Card



**Kickboard (Europe Only)**

A swim training aid used for trunk extension, hip strengthening, toning and working the legs and lower extremities, shoulders and arms.

- 40120 Rigid Kickboard / Red
- 40121 Rigid Kickboard / Blue



**Pool Noodles (Europe Only)**

The 1.60m long "foam-spaghetti" offers a wide range of applications for muscle strengthening and relaxation.

- 40008 Pool Noodles (different colors)



**expert CORNER**

**Top quality tools**

"I use Thera-Band Aquatic Exercisers because they are top quality tools. They keep my patients afloat while working against the water's resistance during vigorous exercise. No excuses! Our obese/overweight patients who used Thera-Band aquatic products in our clinic's Energy BALANCE Weight Loss program, and exercised only four to five days per week, averaged 36 lbs (16.4 kg) weight loss in 12 weeks."

**Mary E. Sanders, PhD, FACSM, RCEP**  
**University of Nevada School of Medicine**  
**WaterFit Director**



**Soothe Patient Extremities**

Paraffin therapy is a hot therapeutic aid for treating pain due to arthritis, joint stiffness, sports-related injuries and even dry skin. The **Parabath® System** provides comfortable, moist heat to the affected area. It allows for easy immersion of the hand and wrist, foot and ankle, or elbow.

A variety of accessories are available, including a stand for stability and mobility, mitts and booties for increased heat retention, a bottom grill to keep the skin away from heat, and a testing thermometer.

Parabath Paraffin Refills are specially formulated for use with Paraffin Bath and similar paraffin heat therapy units. They are available unscented or in a fresh citrus scent.



- LF** **Parabath Paraffin Heat System**
- 24050 Parabath Unit (**Latin America Only**)
- 24130 Unscented Paraffin Refill (16.4kg/36 lb. pkg.)
- 24131 Fresh Citrus Scented Paraffin Refill (16.4 kg/ 36 lb. pkg.)
- 24132 Unscented Paraffin Refill (1 kg/2 lb. pkg.)
- 24133 Fresh Citrus Scented Paraffin Refill (1 kg/2 lb. pkg.)
- 24212 High Stand
- 24220 Mitts (pair)
- 24221 Booties (pair)
- 24222 Liners (100/pkg.)
- 24230 Bottom Grill
- 24240 Testing Thermometer
- 24250 Replacement Lid

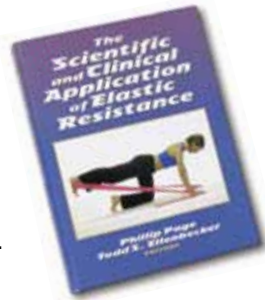


**The Scientific and Clinical Application of Elastic Resistance** (hardcover)

Phillip Page, PhD, PT, ATC, CSCS and Todd Ellenbecker, DPT, MS, SCS, OCS, CSCS

Gain a solid base in the science behind elastic resistance exercise and learn the latest clinical applications for rehabilitation and fitness.

*The Scientific and Clinical Application of Elastic Resistance* is the most comprehensive guide to elastic resistance exercise with 430 photographs showing how to perform a variety of exercises using elastic resistance bands and tubing.



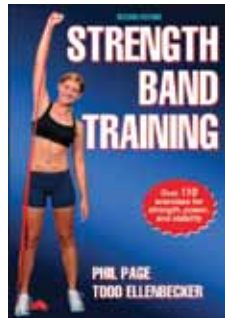
Product Number: 22205  
Publisher: Human Kinetics  
Year: 2003  
ISBN-13: 978-0-7360-3688-7

**Strength Band Training - 2nd Edition** (paperback)

Phillip Page, PhD, PT, ATC, CSCS and Todd Ellenbecker, DPT, MS, SCS, OCS, CSCS

The best guide for strength band training is now expanded, updated and better than ever! In this new edition, the authors show you how to maximize strength, speed and power in the gym, at home, or on the road.

With more than 160 exercises and predefined fitness and sport-specific workouts, the book shows you why resistance bands are the ultimate tool for targeting, isolating and developing every major muscle group.



Product Number: 22204  
Publisher: Human Kinetics  
Year: 2011  
ISBN- 13: 978-0-7360-9037-7

**Thera-Band® Resistance Band & Tubing Instruction Manual, Volume 4** (paperback)

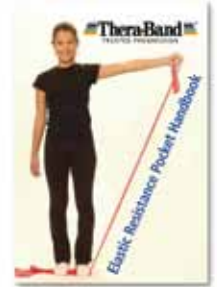
An easy-to-follow educational resource for healthcare professionals, patients and consumers. The manual includes practical exercise tips, caring for elastic bands and tubing, exercise resistance pull force charts, and more than sixty exercise instructions/illustrations.



Product Number: 22136  
Publisher: The Hygenic Corporation  
Year: 2006

**Thera-Band® Elastic Resistance Student Handbook** (paperback)

Students are instructed in the clinical principles of elastic resistance. Topics include the science of Thera-Band elastic resistance; exercise positioning, dosing and prescription; Thera-Band strength index; muscles and exercise reference; and Q&A's.



Product Number: 22137  
Publisher: The Hygenic Corporation  
Year: 2009

**Fitness for the Pelvic Floor** (paperback)

Beate Carriere, PT

Incontinence affects four out of 10 women, about one out of 10 men, and about 17% of children below age 15. While it is common to exercise many parts of the body to stay fit, very little attention is paid to exercising the pelvic floor. This book provides therapists with treatment ideas and fun exercises, and encourages patients to ask for help. It focuses on exercises and discusses other treatment options.



Product Number: 22222  
Publisher: Thieme  
Year: 2002  
ISBN: 978-1588900906

**Aqua Fun & Function**

(paperback)

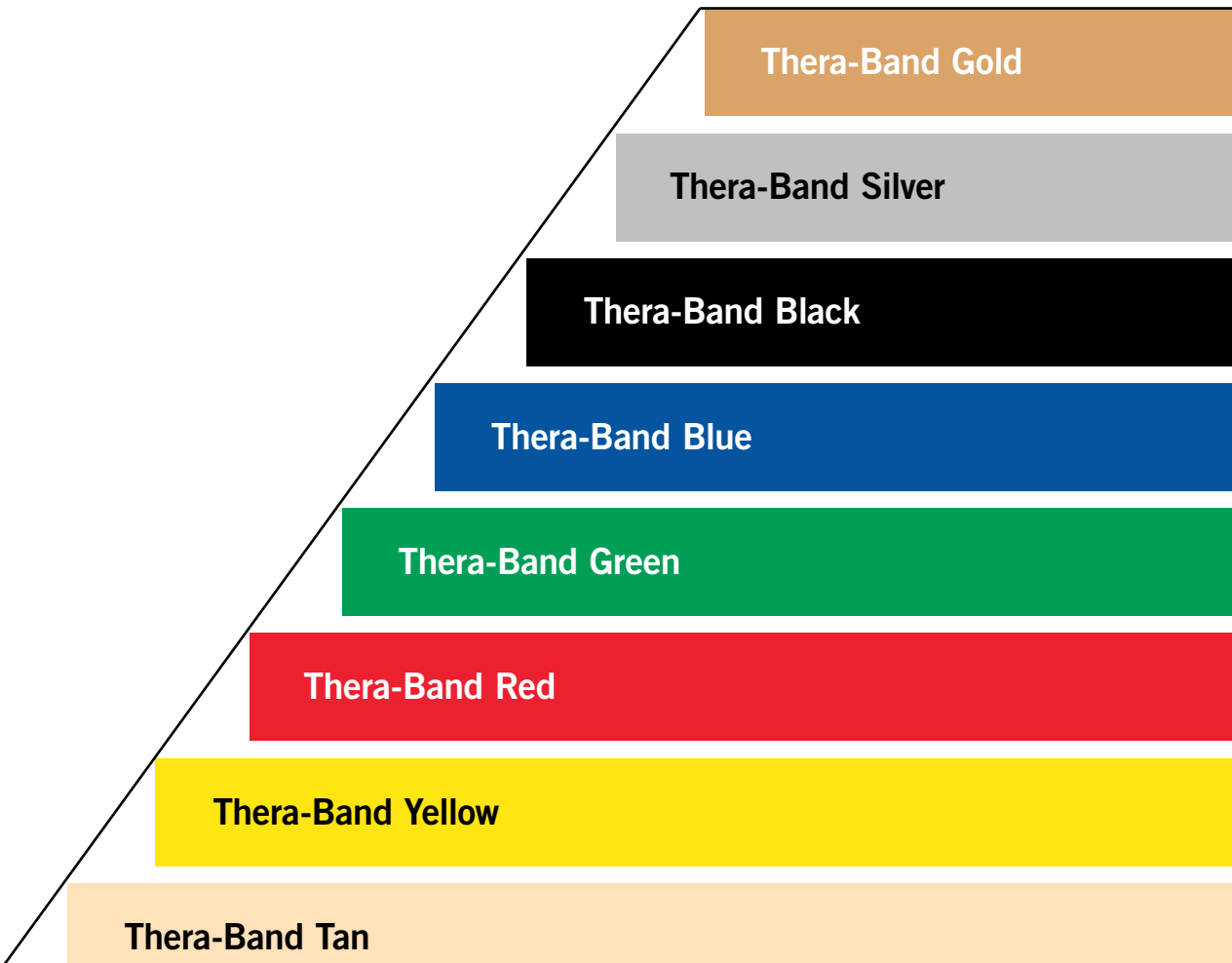
Adami and Buscher

This manual provides information on functional training with Thera-Band aquatic products. The exercises illustrated can be adapted to the depth of the pool and to the needs of the client or patient. While the main focus of this manual is for use in fitness group exercises, these exercises can easily be adapted for rehabilitation exercise.



Product Number: 40300  
Publisher: Thera-Band, GmbH

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