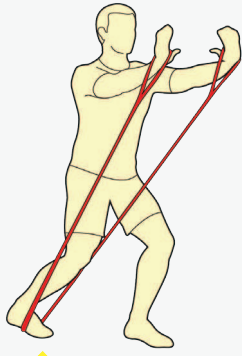
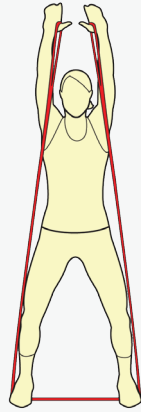




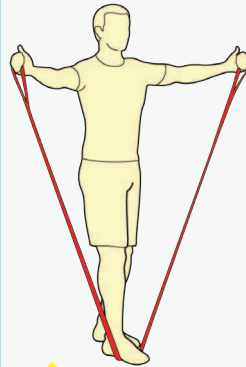
# THERA-BAND® EXERCISES



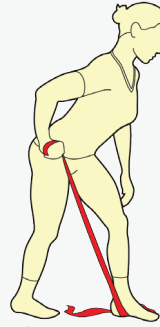
Resisted Push



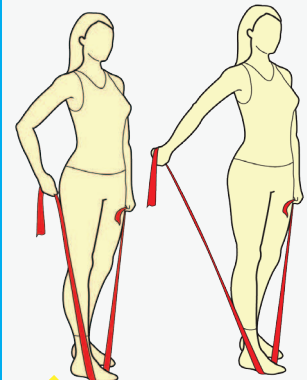
Shoulder Overhead Press



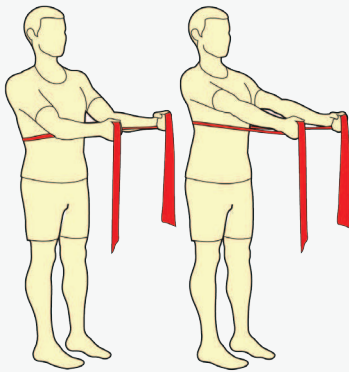
Shoulder Scaption /  
Elevation - Bilateral



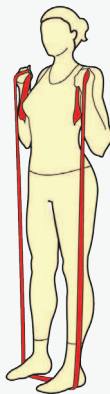
Elbow Extension  
Kick Back



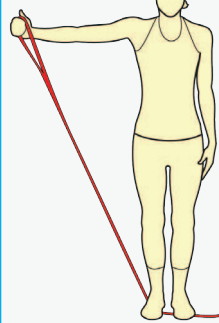
Elbow Extension  
(Standing Kick Backs)



Shoulder Forward Punch



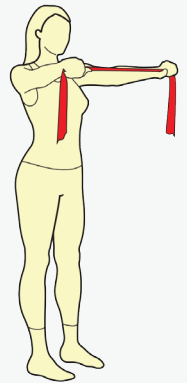
Elbow Flexion (Bilateral)



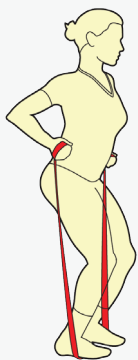
Shoulder Abduction to  
90 degrees



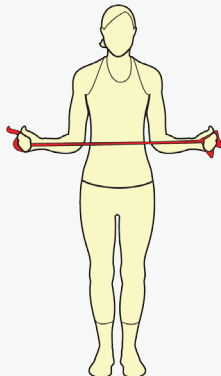
Ankle Calf Raise  
Standing



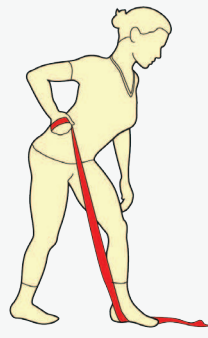
Shoulder Pull Back



Knee Squat



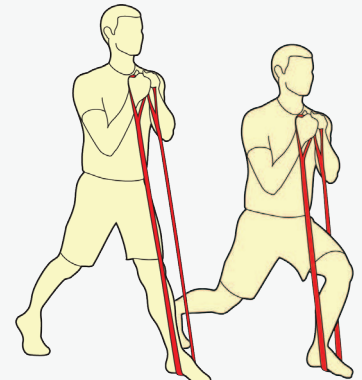
Shoulder External  
Rotation (Bilateral)



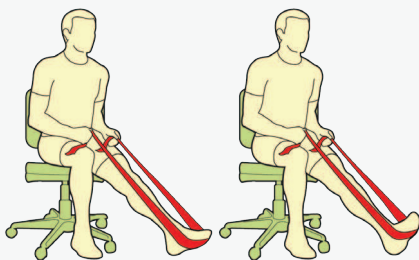
Shoulder  
Bent Over Row



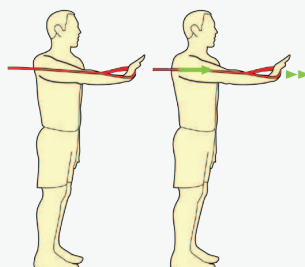
Shoulder Shrug



Lunge



Ankle Flexion



Shoulder Press



Wrist Extension



Wrist Flexion

# THERA-BAND® GUIDANCE

Use of any products described in this manual can cause serious injury when not used properly.

Patients with latex allergies should use Thera-Band® Latex-Free resistance bands.

Avoid exercises that involve stretching the Thera-Band resistance bands or tubing in such a fashion that they may snap toward the head and cause injury to the head or eyes. If these types of exercises are prescribed, protective eyewear should be worn.

If you experience sharp pain, shortness of breath, dizziness or light-headedness with any of these exercises, stop immediately and contact your healthcare provider.

As with any exercise program, muscle soreness may be experienced over the first few days. If your pain should persist for more than 3 or 4 days, consult your physician or therapist. Do not exercise while experiencing pain.

Be sure the resistance band or tubing is securely anchored to a sturdy object or attachment before using.

Do not overstretch the resistance band or tube by more than 3 times its resting length. Example: a 12" (30 cm) band should not be stretched to more than 36" (90 cm) total length.

Always examine the resistance band or tubing before use for small nicks, tears, or punctures that may cause the band to break. If you find any flaws, discard the product and replace before performing any exercises.

Store all resistance bands and tubing out of direct sunlight and away from extreme temperatures.