



Proven Science, Trusted Performance.

Rehabilitation exercises for patients with upper extremity injuries and conditions

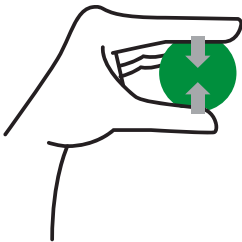
Regain motion, strength, and ultimately, functional use of your arm, wrist, elbow, or hand with these upper extremity exercises.

PRODUCT



Hand Exerciser

EXERCISE



Pinch

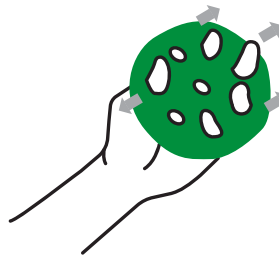
Pinch ball with finger and thumb extended

PRODUCT



XTrainer

EXERCISE



Wrist Flexer Stretch

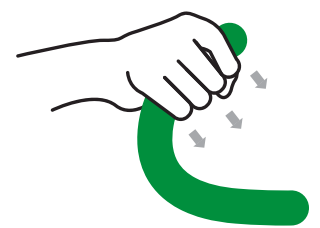
Insert fingers into holes on the edge. Leave a row empty and insert your thumb. To stretch, expand and contract your fingertips.

PRODUCT



Flexbar

EXERCISE



Single-arm Forearm Pronation

Lock your elbow against a hard surface. While pushing one end of the FlexBar® against the hard surface, grip the opposite end with your wrist and push to turn your wrist over.

Hand/Wrist/Forearm

To order THERABAND Products, please visit:
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Learn more about THERABAND



Rehabilitation exercises for patients with torso injuries and conditions

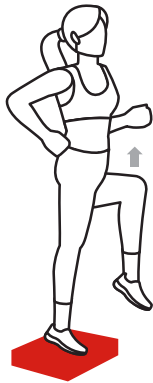
Regain motion, strength, and ultimately, functional use of your core and back with these torso exercises.

PRODUCT



Stability Trainer/Disk

EXERCISE



Single leg stance

Place one foot onto the disc and lift the other leg to a 90-degree angle off the ground.

PRODUCT



Wobble Board

EXERCISE



Tilt Sequence

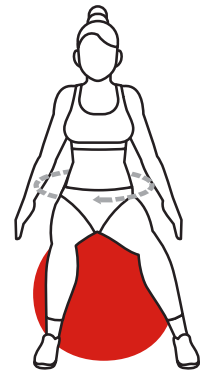
Place both feet firmly onto the board. Then slowly tilt the board side to side, front to back, and in a circular motion while keeping your body in an upright position.

PRODUCT



Exercise Balls

EXERCISE



Pelvic Rotation

Sit on the ball with your spine in a neutral position with feet in contact with floor. Tilt the pelvis in a clockwise rotating motion. Repeat.

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Rehabilitation exercises for patients with lower extremity injuries and conditions

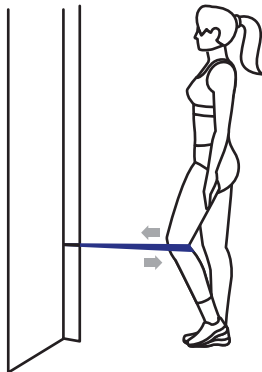
Regain motion, strength, and ultimately, functional use of your legs and knees with these lower extremity exercises.

PRODUCT



THERABAND® CLX®

EXERCISE



Knee Extension

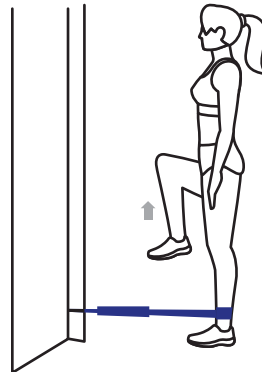
Stand facing the door with your CLX band just above the back of your knee. Slowly allow your knee to bend forward, then straighten it. Hold briefly before bending it again.

PRODUCT



THERABAND Vector

EXERCISE



Single Leg Stand

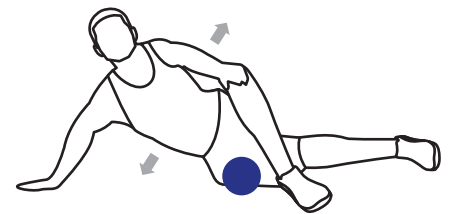
With the thigh strap around the ankle, lift the other leg to a 90-degree angle off the ground.

PRODUCT



Foam/Foot Roller/Roller
Massager/

EXERCISE



IT Band & Outer Thigh

Lift your body onto the foam roller in a side-lying position. Keep your bottom leg straight and top knee bent while moving your body in a back-and-forth motion.

Lower Extremity

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Learn more
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Rehabilitation exercises for patients with arm and shoulder injuries and conditions

Regain motion, strength, and ultimately, functional use of your arm and shoulder with these upper extremity exercises.

PRODUCT



Bands

PRODUCT



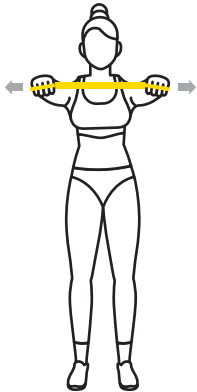
Shoulder Pulley

PRODUCT



Tubing

EXERCISE



Band Pull Apart

Hold the band directly out in front of you holding both ends. Expand arms to a T shape, ensuring resistance is felt by the band based on grip location

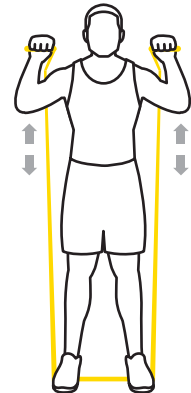
EXERCISE



Shoulder Abduction

Attach the system to a door jamb. Hold each side of the pulley with one hand. Alternate which arm you pull down on, while keeping both hands on the pulley.

EXERCISE



Shoulder Press

Stand on the band shoulder width apart. Lift vertically behind your back with your palms apart in a straightforward motion without arching your back.

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