Created by clinicians for clinicians, THERABAND is the originator and global leader in resistance bands and products.

Our proprietary formulas, processes, testing and Trusted Progression™ System ensure our clinicians’ patients progress in their recovery safely, consistently and with confidence.

Designed and engineered in the U.S.A., our proven science has transformed millions of lives.

THERABAND was created over 40 years ago by two clinicians to help patients recover safely and with confidence. Since then, THERABAND has transformed the lives of millions for the better. That passion is in the DNA of this storied brand. As the leader and pioneer, THERABAND is the standard that others measure themselves against; we are the originals.

Premium
Our premium products, relationships and experience are what the world has come to expect from the leader and originator. Our exacting quality standards, customer experience and value to the clinician and the patient are uncompromised and unmatched. THERABAND is Proven Science, Trusted Performance.

Confidence
Clinicians world-wide have been trained on THERABAND and place confidence in our brand. The scientific research conducted, rigorous product testing and dedication to the clinician ensure that every step of the way, you can trust THERABAND.

Leader
THERABAND is the original, the innovator and the creator of the category. THERABAND continues to set the standard of excellence. Our proprietary formulas, processes, testing and Trusted Progression™ System were born from that leadership.

Proven science
THERABAND is the leader with science on its side. THERABAND has been tested, validated, studied and researched to ensure superior patient safety and recovery. We control the aspects of production, from formulation to supply chain. THERABAND products comply with FDA and EU Class I Medical Device requirements.

Transformational
THERABAND was created to improve the lives of the clinician as well as the patient. THERABAND products and our Trusted Progression™ System have positively transformed the lives of millions world-wide.

Full range of clinical solutions
The THERABAND range of products includes a broad range of rehabilitation and wellness products, including progressive resistance bands, loops, tubing, non-latex options, FlexBars, exercise balls, range of motion products, self massage products, and versatile exercise stations and accessories.
## Resistance selection guide

<table>
<thead>
<tr>
<th>Resistance Bands</th>
<th>Color/Thickness</th>
<th>Resistance Level</th>
<th>Recommended Exercise Level/Activity/Intensity</th>
<th>Bulk Packaged</th>
<th>Precut/Individual</th>
<th>Precut/Patient Packs</th>
<th>Precut/Individually Wrapped</th>
<th>Bulk Packaged</th>
<th>Precut/Patient Packs</th>
<th>Precut/Individual</th>
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<tbody>
<tr>
<td>Resistance Bands</td>
<td>Extra Resistance Bands</td>
<td>Light</td>
<td>Easy Intensity Light Rehab/Flexibility</td>
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<td></td>
<td>Thin</td>
<td>Medium</td>
<td>Low Intensity Medium Rehab/Beginner Fitness/Light Conditioning</td>
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<tr>
<td></td>
<td>Medium</td>
<td>Heavy</td>
<td>Moderate Intensity Intermediate Rehab/Everyday Fitness/Moderate Conditioning &amp; Fitness</td>
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<tr>
<td></td>
<td>Heavy</td>
<td>Extra Heavy</td>
<td>Hard Intensity Advanced Rehab/Strength Training/Sports &amp; Fitness</td>
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<td></td>
<td>Special Heavy</td>
<td>Max</td>
<td>Variable &amp; Adjustable Intensity Multiple Fitness Levels/Comprehensive Strength Training &amp; Conditioning</td>
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Visit theraband.com or contact your rehabilitation product supplier for more information.

Not all products available in all markets.

1. Caution: This product contains natural rubber latex which may cause allergic reactions.

2. Not made with natural rubber latex.

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