

## Information for Patients and Consumers

### Precautions

- Always consult your physician before beginning an exercise program.
- Your rehabilitation or exercise professional should help develop an individualized program to meet your needs and abilities.
- Use of any products described in this manual can cause serious injury when not used properly.
- Patients with latex allergies should use Thera-Band<sup>®</sup> 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.
- Thera-Band resistance bands and tubing are not toys; consult a physician before allowing children to exercise.
- 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.
- Protect the Thera-Band resistance band or tubing by keeping it away from sharp objects. Remove rings from the fingers before using the resistance bands or tubing. Be aware of long, sharp fingernails.

## Practical Exercise Tips

- With all exercises, posture and body alignment is critical. Keep the shoulders and hips aligned, tighten the abdominals, and relax the knees. Be sure to practice the safest posture possible by maintaining a natural spinal curve.
- Use the band or tubing prescribed by your physician or therapist for the prescribed sets and repetitions. Rest between sets.
- Include proper warm-up and cool-down activities with your elastic resistance training program.
- Perform all exercises in a slow and controlled manner. At no time should you feel "out of control"; remember to control the band or tubing rather than allowing it to control you. Do not allow the band or tubing to snap back.
- Avoid hyperextending or over-flexing joints when exercising. Don't lock the joints.
- Breathe evenly while performing these exercises. Exhale during the more difficult phase of the repetition. Don't hold your breath.
- For beginners, perform the exercises without the band or tubing until you are comfortable, then add resistance. Begin with 8 to 10 exercises that target major muscle groups.
- Exercise with the color band that was prescribed for you, or with a color that allows you to complete 2 to 3 sets of 10 to 15 repetitions with mild fatigue on the last set.
- Progress to the next color band when you are able to easily complete the 3 sets of 10 to 15 repetitions.

## Caring for Elastic Bands and Tubing

- 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.
- After use in chlorinated water, rinse the bands or tubing with tap water and dry flat.
- If the bands or tubing becomes sticky, clean with mild soap and water, dry flat, and then dust with talcum powder.