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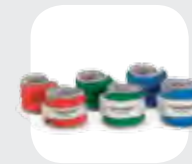
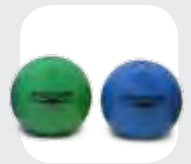
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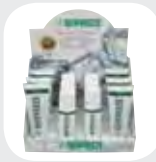
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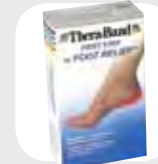
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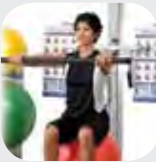
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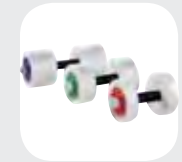
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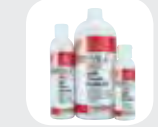


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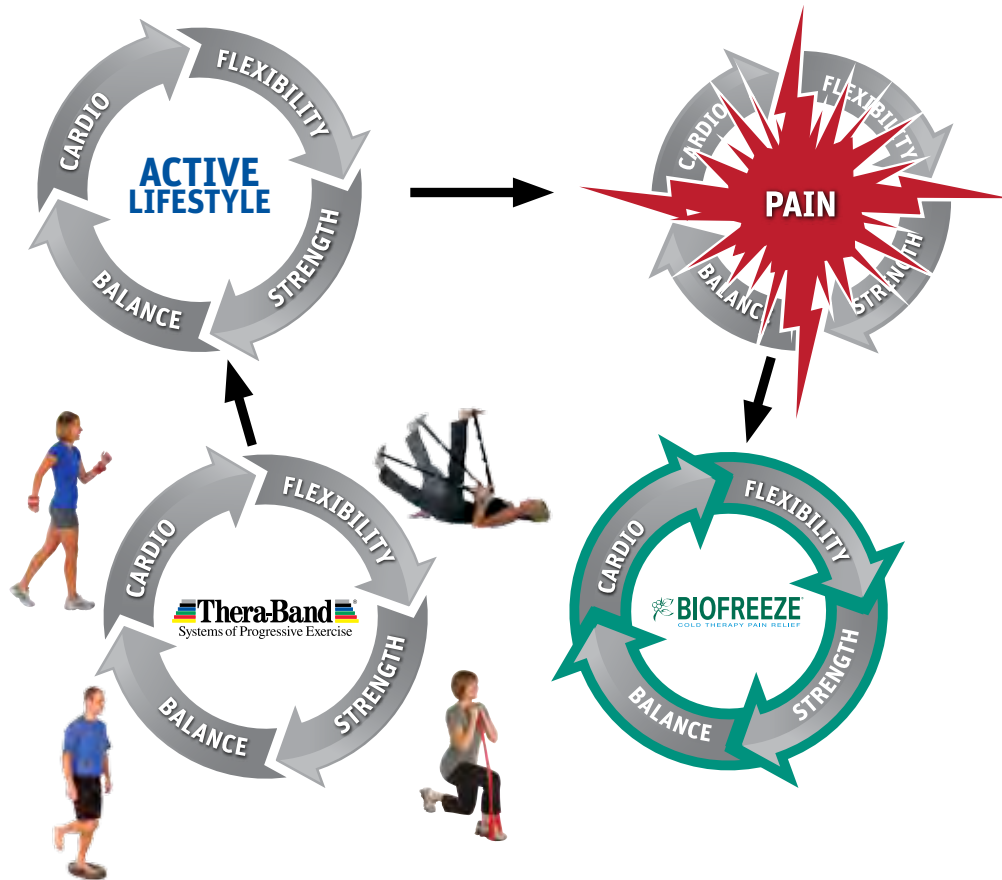
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Thera-Band® and Biofreeze® Products Enable Activity

Performance Health is the maker of market-leading Biofreeze and Thera-Band products as well as other vital clinical brands including Pedigenix™ and Prossage®. We develop products that help people manage their pain, restore their strength and improve their overall condition and health. Our commitment to clinical professionals includes practice-building support, evidence-based protocols, clinical and product education, turn-key dispensing and pain management solutions appropriate for rehabilitation, massage, podiatric, performance and wellness practitioners.

Our core brands work together to promote the four components of an active lifestyle: Flexibility, Strength, Balance and Cardio. Biofreeze products relieve pain to get people moving and keep them moving, and Thera-Band products support movement through progressive levels of exercise. Together, they enable a return to activity following injury, and a lifelong commitment to an active lifestyle.



Catalog Quick Reference



New Product - Recently introduced products.



Latex-Free Product - Acceptable for latex allergies.



Evidence-Based Product - Backed by clinical research.



Home Exercise Ready - Ideal for home exercise programs.



In-Clinic Rehab Tool - Ideal for in-clinic use.



Expert Corner - Professionals share their insights.

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

Evidence for the clinical use of Thera-Band and Biofreeze 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, is a unique resource that connects healthcare professionals and consumers to an ever-growing body of knowledge.

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

Stay connected to a wealth of clinical uses and proven protocols involving Thera-Band and Biofreeze 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

Build Your Practice with the Power of Our Brands

Our FREE Practice Builder Services Help You Find, Treat and Retain Patients



Free Topical Samples



Free Exercises and Research



Where to Buy Referral Service



Research Blog



Online Reward Program



Free Biofreeze Education DVD



Free Countertop Displays



Free Massage Treatment Manual



Free Window Sign



Online Shopping for Practitioners

To sign up for **FREE Practice Builder Services**, visit www.PerformanceHealth.com or call **800-321-2135**



FREE Topical Samples Imprinted with Your Practice Name

Free product samples—Biofreeze® Pain Reliever, Pedigenix™ Daily Cleanser and Pedigenix Daily Moisturizer—custom printed with your clinic's name can be given to patients and used to promote your practice at community events. If you resell or recommend Biofreeze and Pedigenix, order samples today!

FREE Where to Buy Referral Service

This online tool helps potential patients identify locations in their area where they can purchase Performance Health products and your services. Hundreds of thousands of consumers search each year to find you. Sign up now!



FREE Online Reward Program

This program provides you with additional reselling options and allows you to benefit from consumer demand in your community. When customers select you from a list of practitioners as they buy online, you receive a 10% reward. Add your name to the list of referring practitioners today!



FREE Topical Countertop Displays

Countertop displays positioned near the reception desk in your office alert and remind patients that you sell Biofreeze Pain Reliever and the Pedigenix Foot Care System. Call today and begin showing the range of products you have to offer.



FREE Biofreeze Authorized Reseller Window Sign

Not everyone is an authorized Biofreeze reseller. Announce your status to current and potential patients and clients. Display a Biofreeze window cling where it is easily viewed by people entering and passing by your practice. Order today!

To sign up for **FREE Practice Builder Services**, visit www.PerformanceHealth.com or call **800-321-2135**

FREE Exercises and Research

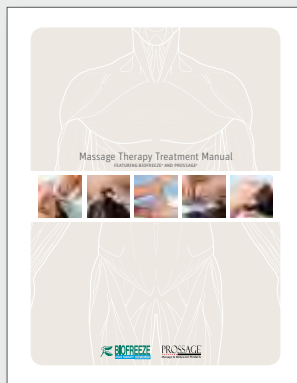
Exercises, treatments, clinical research and education for Performance Health products are provided by Thera-BandAcademy.com (which also includes Biofreeze® products). The largest collection of content supporting our products is searchable, customizable, printable and free. Register today!

**FREE Research Blog**

Get the latest research information sent to you hot off the presses by signing up for our free blog! <http://blog.thera-bandacademy.com>

FREE Biofreeze Patient Education DVD

This DVD explains how pain and Biofreeze Pain Reliever work on a physiological level. The four-minute DVD is perfect to show in your waiting room. The DVD is available only to registered Where-to-Buy members. For your free copy, log into your account at www.biofreeze.com/loginGIRR.aspx. New members can sign up at the same online location.

**FREE Massage Therapy Treatment Manual with Exclusive Treatments**

This exclusive pain-management treatment manual was designed by industry professionals and contains modalities ranging from sports massage to deep tissue stone treatments. A printed copy of this manual is available to registered Where to Buy members. To view the manual online, visit www.performancehealth.com/TreatmentManual

Practitioner Pricing for Online Shopping

Sign up to shop online for Performance Health products, including the latest innovations, at practitioner prices. You can specify your distributor of choice!

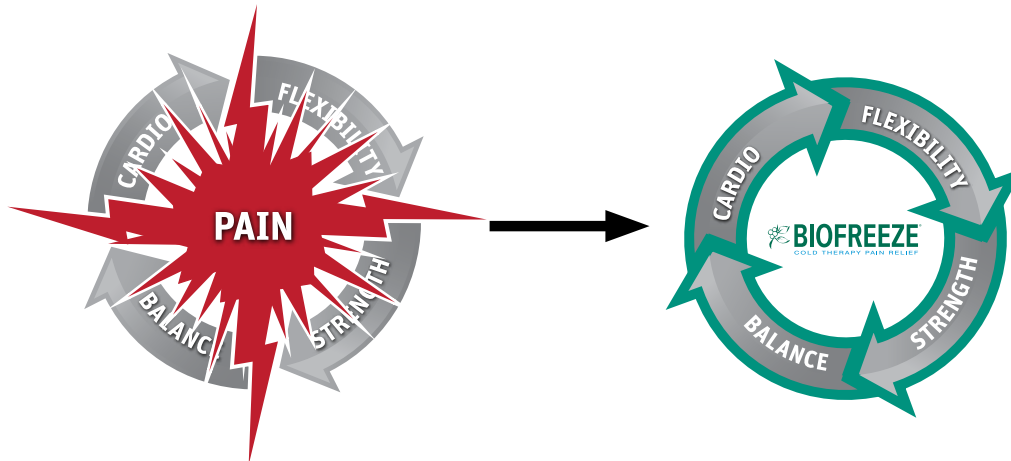


To sign up for **FREE Practice Builder Services**, visit www.PerformanceHealth.com or call **800-321-2135**

Biofreeze® Improves Patient Compliance

Smart hands-on healthcare practitioners encourage patients to make small gains as they progress through a rehabilitation or fitness program. But it's hard for people to feel like they're winning when they're wincing.

Pain is a constant threat to a patient's confidence and desire to continue with a prescribed program. Knowing this, one clinician recently conducted a pilot study⁽¹⁾ to evaluate the effectiveness of using **Biofreeze Pain Reliever** during a patient's initial evaluation. By reducing the patient's discomfort, his clinic **experienced a 75% reduction in its self discharge rate.**



“expert CORNER

Lower number of discharges using Biofreeze

“We found that reducing a patient's discomfort during their initial evaluation and providing them with a topical pain reliever like

Biofreeze for at-home care increased the likelihood that they'll return for additional sessions. A lower number of self dischargers should result in an increase in revenue, as well as in positive referrals. But most importantly, a patient that returns has a much greater chance for recovery. Obviously, when patients stay on track with their rehab program, we can help them recover quicker and maintain a pain-free and healthy lifestyle.”

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

Safer Alternative to Systemic Drugs

Today, throughout the pain management community, the shift is toward the use of topical analgesics and away from systemic pain relievers. Fueling this trend is evidenced-based research linking currently available systemic pain relievers to adverse events⁽²⁾. NSAIDs, COX-2 inhibitors and opioids can affect the gastrointestinal tract, heart, kidneys and other organs, as well as cognition. Conversely, topical analgesics deliver targeted pain relief with low levels of systemic absorption and therefore less risk for systemic toxicity and/or drug interaction.

1. Tyler T; Bishop B. 2010. The Effects of Biofreeze® on Self Discharge Rates: A Multi-Center Pilot Study. *Proceedings of the 12th Annual TRAC Meeting.* Athens, Greece. July 19-21, 2010
 2. Stanos W. Overview of topical analgesics. *Pain Medicine News.* 2009 Feb: 1-6

Like Ice, Only Better

Ice is the time honored means of effectively delivering cryotherapy, but it does have disadvantages. It can cause muscle stiffness, skin irritation, temporary pain and numbness, and the need to remain stationary. Biofreeze® Pain Reliever has been shown to be as effective as ice without affecting strength⁽¹⁾. With USP-grade menthol as its active ingredient, Biofreeze Pain Reliever has also been shown to be as effective as ice in reducing blood flow⁽²⁾.



Effective Neck Pain Relief

In one study, patients with bilateral neck pain preferred Biofreeze Pain Reliever over ice 8-to-1. Nine out of 10 patients felt the product was twice as effective and that relief lasted longer, compared to ice.⁽³⁾

This study supports anecdotal evidence from thousands of hands-on healthcare practitioners who say that Biofreeze Pain Reliever provides reliable short-term pain relief, which can promote faster, long-term healing and recovery.

Reduce Lower Back Pain

In a randomized study of patients with acute lower back pain, one group—the test group—used Biofreeze Pain Reliever to complement their chiropractor’s adjustment techniques.⁽⁴⁾ The other group—the control group—did not use a Biofreeze product. Chiropractors performed diversified manual adjustments on both groups twice a week for four weeks. The test group also had Biofreeze Pain Reliever applied to their lower back area three times a day during the four-week period. In the test group, significant pain reduction was found after each week of treatment. There were no significant differences for pain reduction in the control group.

Results: Biofreeze Pain Reliever combined with chiropractic adjustment is more effective at alleviating lower back pain than adjustment without Biofreeze topical analgesic.

1. Topp R et al. 2011. Comparison of the effects of ice and 3.5% menthol gel on blood flow and muscle strength of the lower arm. J Sport Rehabil 20:355-366
 2. Olive JL, et al. 2010. Vascular conductance is reduced after menthol or cold application. Clin J Sport Med. 20(5): 372-6.
 3. Bishop B, et al. 2009. Effects of Biofreeze vs. Ice on Acute, Non-Complicated Neck Pain (Abstract). Proceedings of the 11th Annual TRAC Meeting. Cancun, Mexico. July 25-27, 2009, p. 20
 4. Zhang J et al. 2008. Effects of Biofreeze and chiropractic adjustments on acute low back pain: a pilot study. J Chiropractic Med. 7:59-65

The Power of Biofreeze for Every Setting

Biofreeze Pain Reliever is the No. 1 clinically used and recommended topical analgesic in the marketplace. With USP-grade menthol as its active ingredient, it provides reliable short-term pain relief, promoting faster, long-term healing and recovery.

Biofreeze Pain Reliever is effective in all phases of rehab or exercise, including in-clinic, at-home and on-the-go.

In-Clinic

- Eliminate pre-treatment apprehension by applying before treatment or exercise begins.
- Use it to control patients’ pain during therapy.

At-Home

- Encourage patients to use it between visits for at-home care.

On-the-Go

- Apply after activity to soothe sore muscles and joints.
- Help patients address pain whenever it strikes, wherever they are.



The Science Behind Biofreeze®

Traditional thinking suggests that the pain-relieving mechanism of action of menthol, the active ingredient in Biofreeze Pain Reliever, results from a counter-irritant effect. A counter-irritant overrides noxious pain signals traveling to the brain. This process is known as “gate control,” or “gating,” and was first described by Melzack and Wall.⁽¹⁾

What is the Gate Control Theory?

The Gate Control theory is based on the understanding that pain is transmitted by two kinds of afferent nerve fibers.

1. The larger myelinated A-delta fiber, which carries quick, intense-pain messages.
2. The smaller, unmyelinated “C” fiber, which transmits throbbing, chronic pain.

The Gate Control theory asserts that signals transmitted by the C-fibers can be thwarted by the activation / stimulation of the nonnociceptive A-delta fibers and inhibit an individual’s perception of pain.

Recent laboratory studies suggest a second theory for menthol’s mechanism of action. Researchers have discovered that menthol has been shown to bind with temperature-sensitive receptors called TRPM8 receptors, which cause the release of calcium ions that are believed to help modulate pain signals through the body’s opioid system. These TRPM8 receptors also cause the brain to perceive cold sensations such as those caused by ice⁽²⁾.

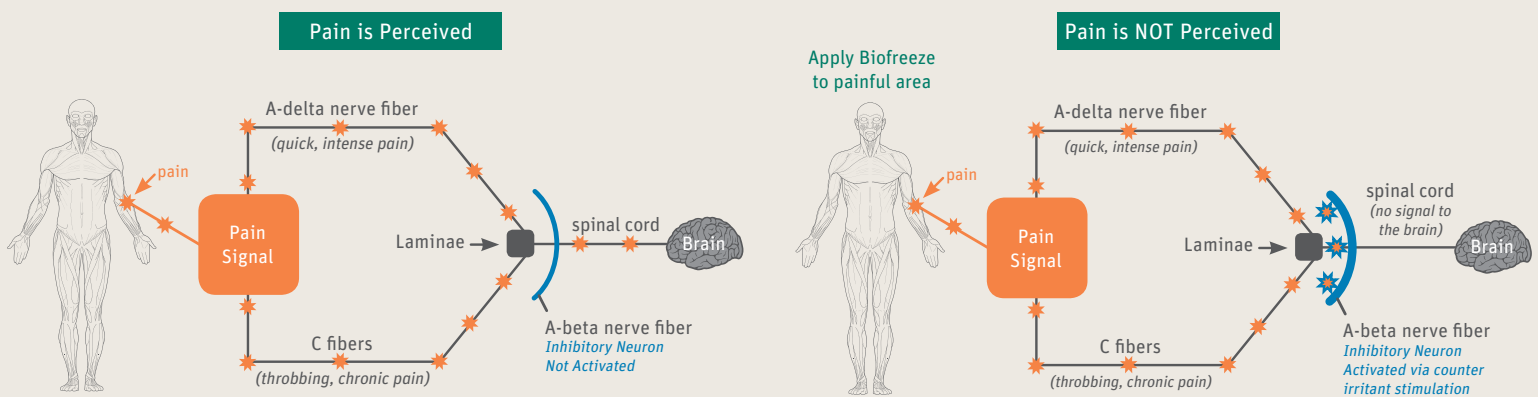
Even though it has long been accepted that cooling and cold can induce analgesia, it has been a poorly understood mechanism. As scientists have continued to isolate these specific temperature-sensitive transient receptor potential (TRP) channels within our sensory neurons, we have a better understanding of the body’s cutaneous temperature detection. There is stronger evidence supporting the benefits achieved with the cooling effect of menthol in functioning as a topical analgesic while activating these receptors and the resulting consequent pain relief.

(1) Melzack R, Wall PD. *Pain mechanisms: a new theory*. *Science*. 1965 Nov 19; 150(699): 971-9.

(2) Proudfoot et al. *Analgesia Mediated by the TRPM8 Cold Receptor in Chronic Neuropathic Pain*. *Current Biology* 16, 1591–1605, 2006: Aug 22.

The Melzack-Wall Gate Control Theory

The brain’s perception of pain depends on the interaction—within the laminae of the spinal cord—of C and A-delta nerve fibers (pain-transmitting) with A-beta nerve fibers (non-pain-transmitting). Stimulating the A-beta nerve fibers ultimately activates the inhibitory interneuron and “closes the gate” to pain.





BEST.BIOFREEZE.EVER.

The #1 clinical pain reliever now has an enhanced formulation in original and new colorless options. Our two-plus years of testing and development confirm it is the best Biofreeze ever.

NEW, PREFERRED FORMULA

NOW AVAILABLE IN COLORLESS



MORE PREFERRED

- Applies easier and penetrates quickly
- Effective skin conditioners
- 4 out of 5 users prefer the new formulation*

MORE NATURAL

- Botanical blend of ilex, arnica, aloe, boswellia, calendula, green tea, burdock root and lemon balm
- 100% paraben-free and propylene glycol-free
- Now available in colorless gel, roll-on and spray

*Decision Analyst, Inc., Biofreeze User Tests 12/09

Large Sizes – Ideal for In-Clinic Application

- | | | |
|--|--------------|------------------------------------|
| | BUSASN16-001 | 16 fl oz Spray |
| | 11797 | NEW 16 fl oz Gel Pump |
| | 11799 | NEW 32 fl oz Gel Pump |
| | 11820 | NEW Colorless 32 fl oz Gel Pump |
| | 11801 | NEW 1 Gallon Gel Pump |
| | 11790 | NEW 5 g Gel Packet - 100 count box |





At-Home Sizes – Effective Pain Relief in Convenient Forms



11794

NEW 4 fl oz Gel Tube



11815

NEW Colorless 4 fl oz Gel Tube

11803

NEW 4 fl oz Tube with
Hands-Free Applicator

11806

NEW 3 fl oz Roll-On

11827

NEW Colorless 3 fl oz Roll-On

BUSASN02-001

2 fl oz Spray

BUSASN04-001

4 fl oz Spray

BUSAWSU-024

Pain Relieving Wipe -
Single Use, 24-count box



On-The-Go



Biofreeze Singles

11614 10-count Singles



Hold:
Grasp edges



Fold:
Push edges together



Apply:
Rub where it hurts

The Easy Way to Start Selling Biofreeze

Biofreeze Sales Starter Kit includes free brochures, product samples, a window cling and a pre-built countertop display filled with product. There are just three simple steps for getting started.

1. Place the product display and window cling in prominent locations and register on our FREE Where-To-Buy online service at www.biofreeze.com/wheretobuysignmeup.
2. Use the product with patients and provide a product endorsement.
3. Provide a FREE product sample to every patient and sell patient-sized products.

It's really that easy!



Sales Starter Kit

11566 NEW Biofreeze Sales Starter Kit

(6) 4 fl oz Gel Tubes

(6) 3 fl oz Roll-Ons

(1) Window Cling

(100) Brochures with Samples

(1) Professional Guide



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.



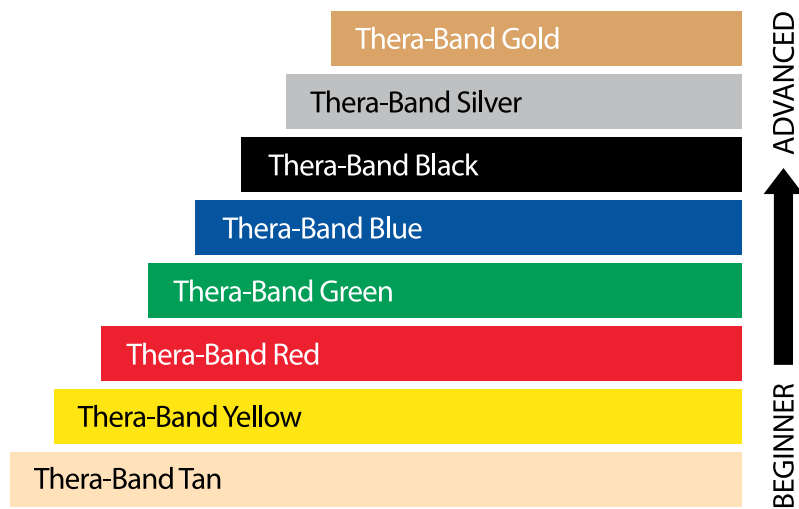
I'm committed to using Thera-Band

"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

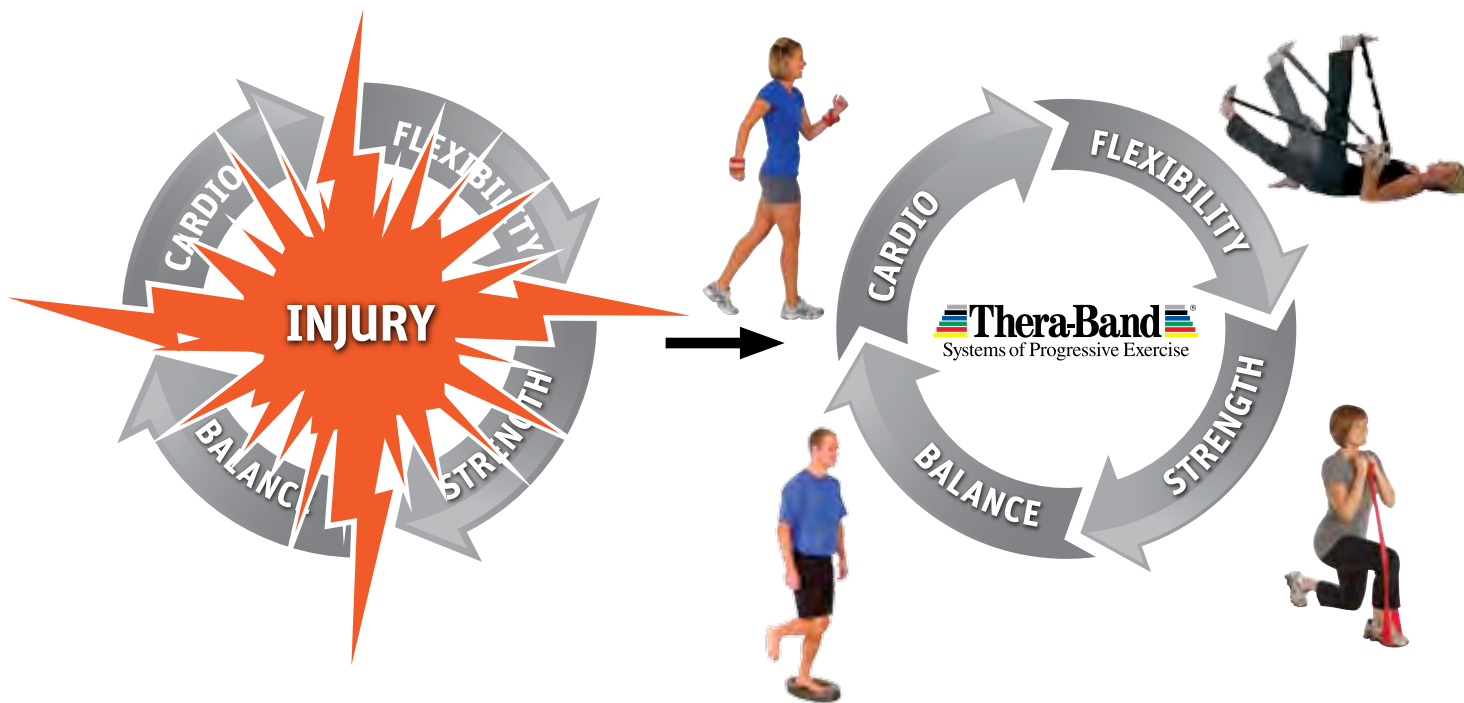
The Colors You Know and Trust - In Every Product



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

Represent 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.




6-Yard Dispenser Box

- 20010 Thera-Band Tan / Extra Thin
- 20020 Thera-Band Yellow / Thin
- 20030 Thera-Band Red / Medium
- 20040 Thera-Band Green / Heavy
- 20050 Thera-Band Blue / Extra Heavy
- 20060 Thera-Band Black / Special Heavy
- 20070 Thera-Band Silver / Super Heavy
- 20080 Thera-Band Gold / Max

50-Yard Dispenser Box

- 20110 Thera-Band Tan / Extra Thin
- 20120 Thera-Band Yellow / Thin
- 20130 Thera-Band Red / Medium
- 20140 Thera-Band Green / Heavy
- 20150 Thera-Band Blue / Extra Heavy
- 20160 Thera-Band Black / Special Heavy
- 20170 Thera-Band Silver / Super Heavy
- 20180 Thera-Band Gold / Max




 **Dispenser Pack** – 30 individually wrapped 5-foot 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 5 ft. bands
- 20530 Thera-Band Red / Medium, 30-pack dispenser of 5 ft. bands
- 20540 Thera-Band Green / Heavy, 30-pack dispenser of 5 ft. bands
- 20550 Thera-Band Blue / Extra Heavy, 30-pack dispenser of 5 ft. bands
- 20560 Thera-Band Black / Special Heavy, 30-pack dispenser of 5 ft. bands




 **Starter Dispenser Pack** – 15 individually wrapped 5-foot latex bands in a single Thera-Band color. Each band includes a Basic Exercise Guide with 17 commonly used exercises for the foot, ankle, hip, neck, shoulder and back.



- 20920 Thera-Band Yellow / Thin, 15-pack dispenser of 5 ft. bands
- 20930 Thera-Band Red / Medium, 15-pack dispenser of 5 ft. bands
- 20940 Thera-Band Green / Heavy, 15-pack dispenser of 5 ft. bands
- 20950 Thera-Band Blue / Extra Heavy, 15-pack dispenser of 5 ft. bands
- 20960 Thera-Band Black / Special Heavy, 15-pack dispenser of 5 ft. bands




 **Multi-Band Patient Packs** – Attractively retail packaged, these packs are ideal for home dispensing where patient progression through rehab is prescribed. Each band is 5 feet long.



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

	8" Lay Flat Length	12" Lay Flat Length	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.



25-Yard 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



New 50-Yard 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

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 5 feet long.



- 20380 Latex-Free Resistance Bands, Beginner (Thera-Band Yellow, Red and Green)
- 20381 Latex-Free Resistance Bands, Advanced (Thera-Band Blue and Black)

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 requirement.



25-Foot Dispenser Box

- 21010 Thera-Band Tan / Extra Thin
- 21020 Thera-Band Yellow / Thin
- 21030 Thera-Band Red / Medium
- 21040 Thera-Band Green / Heavy
- 21050 Thera-Band Blue / Extra Heavy
- 21060 Thera-Band Black / Special Heavy
- 21070 Thera-Band Silver / Super Heavy

100-Foot Dispenser Box

- 21110 Thera-Band Tan / Extra Thin
- 21120 Thera-Band Yellow / Thin
- 21130 Thera-Band Red / Medium
- 21140 Thera-Band Green / Heavy
- 21150 Thera-Band Blue / Extra Heavy
- 21160 Thera-Band Black / Special Heavy
- 21170 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 5 feet long.



- 21303 Resistance Tubing, Light (Thera-Band Yellow, Red and Green)
- 21313 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, 48"
- 21732 Thera-Band Red / Medium, 48"
- 21733 Thera-Band Green / Heavy, 48"
- 21734 Thera-Band Blue / Extra Heavy, 48"
- 21735 Thera-Band Black / Special Heavy, 50"
- 21736 Thera-Band Silver / Super Heavy, 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, 48"
- 21722 Thera-Band Red / Medium, 48"
- 21723 Thera-Band Green / Heavy, 48"
- 21724 Thera-Band Blue / Extra Heavy, 48"
- 21725 Thera-Band Black / Special Heavy, 50"
- 21726 Thera-Band Silver / Super Heavy, 50"



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



- 21701 Thera-Band Yellow / Thin, 48"
- 21702 Thera-Band Red / Medium, 48"
- 21703 Thera-Band Green / Heavy, 48"
- 21704 Thera-Band Blue / Extra Heavy, 48"
- 21705 Thera-Band Black / Special Heavy, 50"
- 21706 Thera-Band Silver / Super Heavy, 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





**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 12" 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 12" 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 12" 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

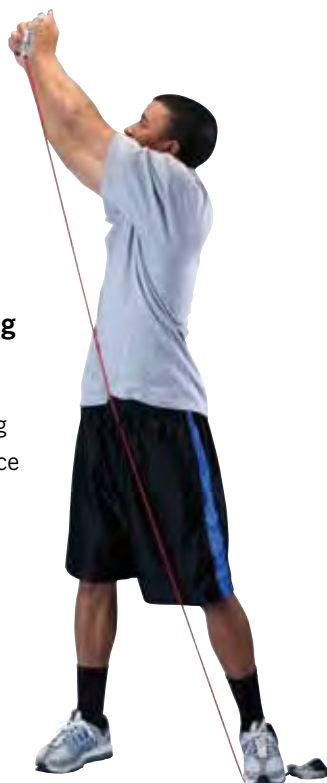
Secure the end of the Exercise Tubing to a door or a secure object behind you at head-level. Grasp the opposite handle in your hands as you would grasp a baseball bat. Perform the swinging motion against the resistance of the tubing.



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 – 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.



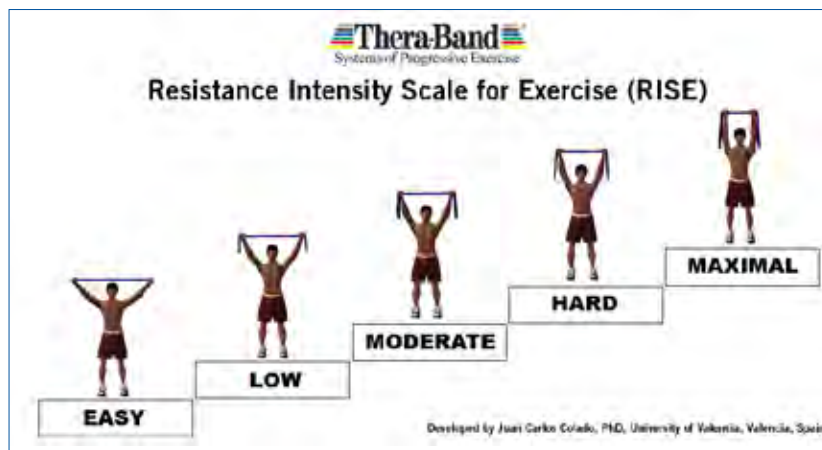
What color do I use and how do I progress the colors?

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 14. 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 55 for additional resources on elastic resistance.

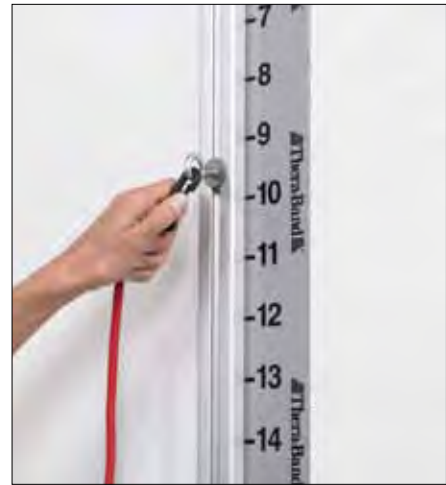
Versatile In-Clinic Hub, Home Exercise Success

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:

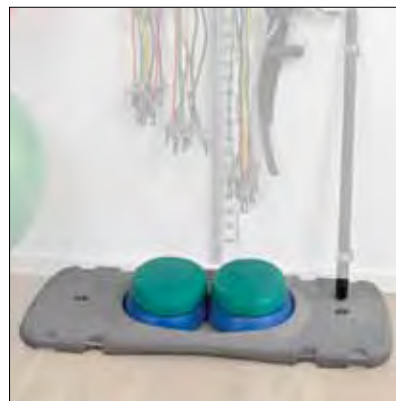


- Multi-dimensional wall mount system that provides three planes of movement with slide tracks, position indicators and one-hand lock down to enable easy patient set up, charting and documentation
- Portable base system with six connection points
- Trusted Thera-Band Resistance Tubing in four progressive 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 36" Padded Exercise Bar, two Exercise Handles, two Assist™ Straps, and a full-color poster with 24 exercises and safety instructions.
- At approximately 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 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.

Training Station Accessories

 Training Station Accessories are compatible with the Rehab & Wellness Station, Exercise Station and Wall Station.



Tubing Part Number by Resistance Level and Length	12" Length with Connectors	18" Length with Connectors	24" Length with Connectors
Tera-Band Yellow / Thin, set of 2	21620	21621	21622
Tera-Band Red / Medium, set of 2	21630	21631	21632
Tera-Band Green / Heavy, set of 2	21640	21641	21642
Tera-Band Blue / Extra Heavy, set of 2	21650	21651	21652



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



22150 Padded Bar – 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

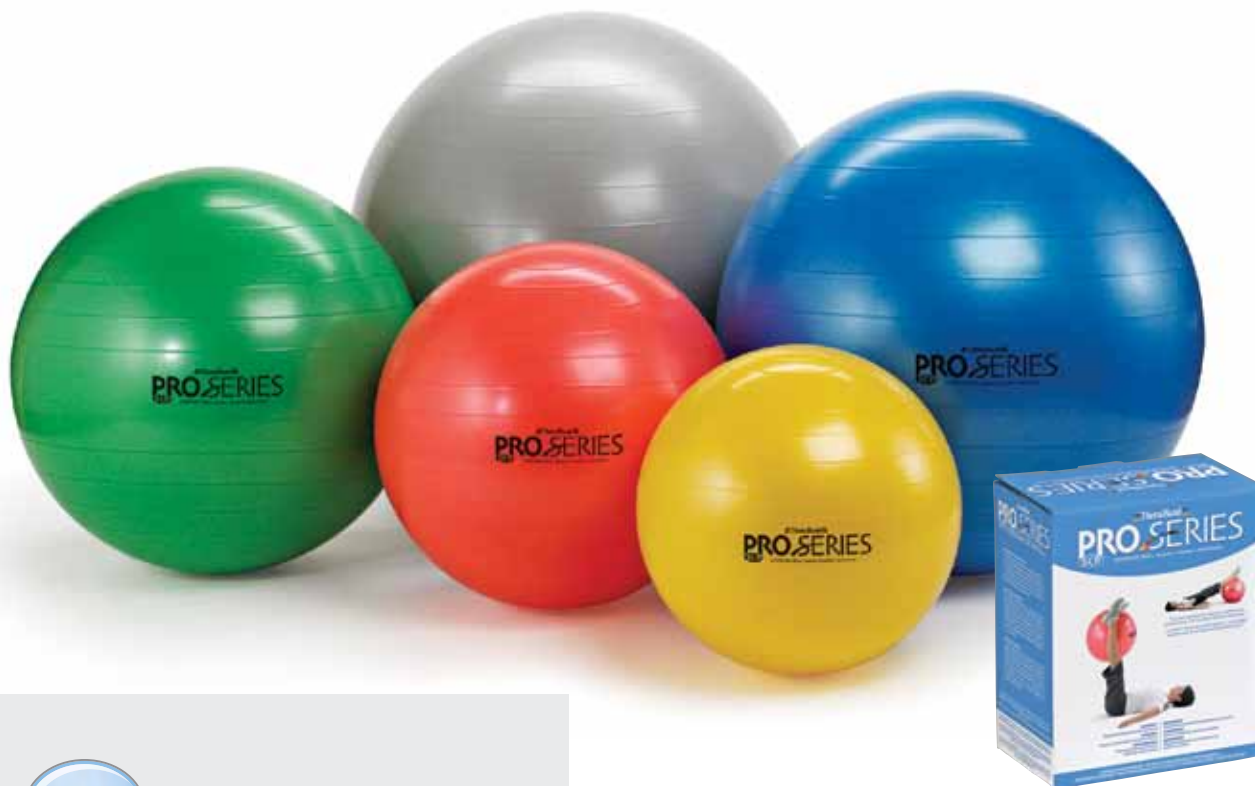
"The Thera-Band Wall Station is a very effective piece of equipment that we use here in our clinic for treatment with patients on nearly a daily basis. It's particularly useful in shoulder rehabilitation as it allows us to consistently apply the right length of tubing for the patient during their exercises.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



“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

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)

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)

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)

-  **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 9" diameter ball responsive to the touch and non-slip when placed against a hard surface. An instructional poster is included.



Exercise Ball Accessories

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



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 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



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.

Thera-Band® Stability Training Protocol for Football Players Reduces Ankle Injuries



A high body mass index and previous ankle sprains have been shown to increase the risk of sustaining non-contact inversion ankle sprains in high school football players. Researchers wanted to determine if single-limb balance training with the Thera-Band Stability Trainers can reduce the incidence of non-contact inversion ankle sprains in players identified as being at increased risk. In this 3-year study, 125 players performed a simple exercise program before and during the season as part of their conditioning program.

Results: The balance training program, using Thera-Band Stability Trainers, was effective at reducing ankle sprains in football players at higher risk by 77%.

McHugh MP et al. *The effectiveness of a balance training intervention in reducing the incidence of non-contact ankle sprains in high school football players.* *American Journal of Sports Medicine.* 2007. 35(8):1289-94.

ACL Injury Prevention Program Effective for Soccer Players

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 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⁽¹⁾ 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	6 lbs
Red	10 lbs
Green	15 lbs
Blue	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 / Saqittal 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

research 
HIGHLIGHTS

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.



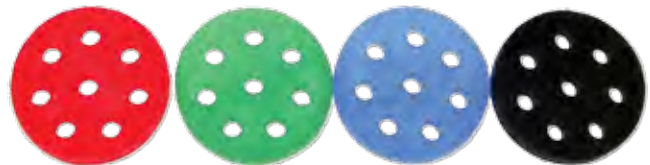
**Thera-Band®
System of Progressive Exercise**



The original system of progressive exercise.

- LF** **Thera-Band Hand Xtrainer**
- 11853 Thera-Band Red / Beginner
- 🏠** 11854 Thera-Band Green / Intermediate
- 11855 Thera-Band Blue / Advanced
- +** 11856 Thera-Band Black / Advanced Sport Training
- 11857 Set – 1 Red, 1 Green, 1 Blue, 1 Black

USE CHILLED OR HEATED



Visit 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**



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.



- 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 2 lb. Pair (two 1 lb. weights)
- 25871 Green 3 lb. Pair (two 1.5 lb. weights)
- 25872 Blue 5 lb. Pair (two 2.5 lb. weights)



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 24" or 40" width, 75" length
- Individually packed in clear zipper bag

24" x 75" x .6"

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

24" x 75" x 1"

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

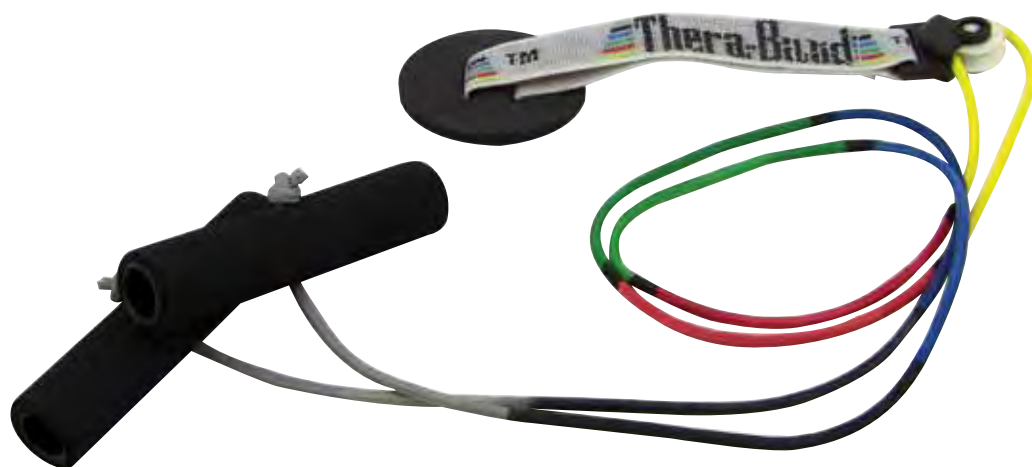
40" x 75" x .6"

- 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.



22160 Thera-Band Shoulder Pulley
Retail packaged. Accompanied by use and safety instructions.



27313 Thera-Band Shoulder Pulley
Bulk packaged in individual poly-bags



“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

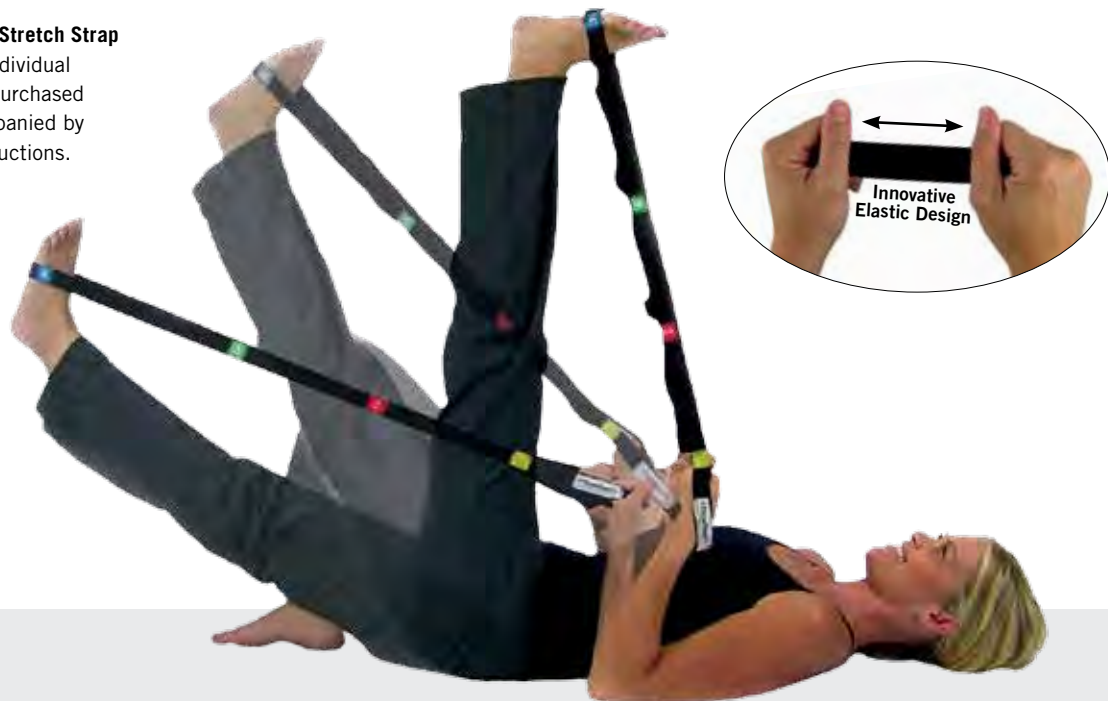
Patent-Pending "Comfort Stretch" Design Increases Patient ROM

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.

-  **22300 Thera-Band Stretch Strap**
-  Bulk packaged in individual poly-bags. Can be purchased individually. 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+**
-  11753 Thera-Band Green / Ridged Standard
-  11756 Thera-Band Green / Ridged Portable
- 

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 6" diameter, in both 36" and 12" lengths and a 6" half round diameter in the 36" 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**
-  11744 6" Diameter, 12" Length
-  11745 6" Diameter, 36" Length
-  11746 6" Half Round Diameter, 36" Length
- 




NEW!

The First Customizable Wrap System Matches The Roller To The Need

Patent-pending, ridged **Thera-Band® Foam Roller Wraps+**, used in conjunction with standard 6" 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.



- LF** Thera-Band Foam Roller Wraps+ Individually packaged with detailed color instructions by muscle region
-  
- | | | |
|---|-------|----------------------------|
|  | 11747 | Thera-Band Yellow / X-Soft |
| | 11748 | Thera-Band Red / Soft |
| | 11749 | Thera-Band Green / Firm |
| | 11750 | Thera-Band Blue / X-Firm |

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 roller!

1. Start

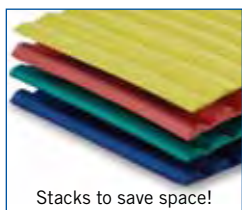
- You can use any standard 6" round foam roller.
- Or try the new Thera-Band Pro Foam Rollers made of highly durable closed-cell foam.



Attaches in seconds!

3. Wrap

- Patent-pending wraps easily attach to the foam roller in seconds.
- Wraps are 12" in length and can be paired for wider options.



Stacks to save space!

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 foam!

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).



An Intelligent Approach To Foot Care Products

The **Pedigenix™ Foot Care System** is a comprehensive line of foot care products that target and correct specific foot concerns while complementing your in-clinic care. Formulated to work synergistically, these four products cleanse, exfoliate, soften and deodorize feet, establishing and reinforcing a proactive and customized daily regimen for preventive foot care. Pedigenix products are diabetic-friendly and deliver solutions to effectively address hyperkeratotic tissue, calluses and bromhidrosis.

Proactive foot care is the best step in prevention and you have the opportunity to provide convenient, professional-grade products that can lead to better patient outcomes.

Pedigenix Foot Care System - Formulated with natural extracts of cucumber and menthol to refresh feet.

11832 Daily Foot Cleanser

The first step in achieving clean and refreshed feet. 4 fl oz

11835 Daily Foot Moisturizer

Helps keep feet soft and refreshed. 4 fl oz

11838 Exfoliating Crème

Improves the appearance of callused and cracked feet. 4 fl oz

11841 Deodorizing Liquid Powder

Starts as a lotion transforms to powder to help keep feet dry and odor free. 4 fl oz



WASH SMOOTH SOFTEN DRY

Request **FREE** samples to introduce your patients to Pedigenix by visiting www.Pedigenix.com or calling 800-246-3733.

The Easy Way To Start Selling Pedigenix

The **Pedigenix System Starter Kit** is available in a patient-friendly counter-top display to offer you a quick start in sampling and dispensing the regimen. In addition to 12 full-sized products, it includes 10 patient brochures that contain sample packets of both the Daily Cleanser and Daily Moisturizer.

There are three simple steps for getting started.

1. Place the product display in a prominent location.
2. Endorse the product.
3. Provide **FREE** product samples to every patient.

It's really that easy!



Sales Starter Kit

- 11906** Pedigenix Sales Starter Kit
 (3) Daily Foot Cleanser
 (3) Daily Foot Moisturizer
 (3) Exfoliating Crème
 (3) Deodorizing Liquid Powder

research

HIGHLIGHTS

Visible Results of Reduction of Dry, Cracked Skin in Just Three Days

Introduction: Product evaluations were conducted to test the efficacy of Pedigenix Exfoliating Crème, a topical keratolytic treatment for localized hyperkeratosis.

Results: Clinical signs assessed by the investigator significantly improved in all three studies from baseline to day three.

Shown here are untouched photos of three test participants BEFORE using Pedigenix Exfoliating Crème and AFTER using Pedigenix Exfoliating Crème twice a day for three days.

Conclusion: This topical keratolytic treatment represents a valuable first-line option for mild to moderate hyperkeratosis with visible improvements in as little as three days.



Build Your Practice While Reinforcing Proactive Foot Care.

With the **Pedigenix Build Your Practice Program**, you can easily introduce Pedigenix to more patients. We provide the following FREE tools to get you started.



Where to Buy Referral Service - This FREE online tool helps potential patients identify locations in their area where they can purchase the Pedigenix Foot Care System and receive service from you. Sign up at www.Pedigenix.com.



Countertop Displays - We provide your office with a FREE countertop display to showcase the Pedigenix Foot Care System and to get your patients started on a daily regimen.



Sampling Program - We provide FREE patient samples customized with your name and telephone number. There are two ways to offer Pedigenix samples to your patients.



- 1. Practice sampling** - FREE customized patient brochures with samples of both the Daily Cleanser and the Daily Moisturizer. We recommend dispensing a full-size Exfoliating Crème or Liquid Powder during a patient's initial visit and giving them samples of the two Daily products. This makes it easy to recommend the full-size Daily products on the next visit.
- 2. Event sampling** - FREE samples of Pedigenix Deodorizing Liquid Powder can be distributed at local health and wellness events. These customized samples help advertise your practice to potential new patients and are most appreciated by attendees who are typically "on their feet" at these events.

To sign up for this FREE program, visit www.Pedigenix.com or call 1-800-246-3733.

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 1.5" 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 .5" center core helps you match it to any-sized foot. Great for tired, achy feet!



 **26150 Thera-Band Foot Roller**
Retail packaged. Accompanied
 by basic exercise instructions.

“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

The Simple Solution for Heel Pain

The **Thera-Band® First Step to Foot Relief™**, an at-home treatment solution for heel pain, combines stretching, massage and cold therapy to effectively help rehabilitate feet. The package includes a Thera-Band Foot Roller, a Red Thera-Band Professional Resistance Band, a patient instruction booklet and Biofreeze® Pain Relieving Roll-On. The patient instruction booklet illustrates stretches, massage techniques and step-by-step band exercises that guide patients through their at-home treatment plan.



 **27400 Thera-Band First Step to Foot Relief™**
Retail packaged. Accompanied
by use and safety instructions.

“expert CORNER

Excellent patient outcomes


“The Thera-Band First Step to Foot Relief product provides an important component in my treatment of patients with heel and arch pain. The product’s convenience and effectiveness increase patient compliance, which results in excellent patient outcomes.”


John Savidakis, Jr., DPM
Suncoast Podiatry & Wound Center


All-in-One Home Exercise (including DVD and Guide)


The best care includes support, not just instruction. **Thera-Band® Rehab Kits** are designed to make it simple for you to provide guidance and exercise training to your patients and clients. Each kit focuses on a specific body part or injury area, and includes these valuable components:

- Active Care Guide – promotes patient compliance with exercise illustrations, rehab and wellness advice
- Coordinated DVD – offers simple, accurate patient referencing in a visual format
- Two Great Brands – contains Biofreeze® and Thera-Band products for effective relief of pain and progression toward successful results

-  **27210 Lower Back Rehab Kit**
- Thera-Band Tubing, 5', Red, with Soft Grip Handles
 - Thera-Band Door Anchor
 - Biofreeze Spray, 2 fl oz
 - Lower Back Rehab DVD
 - Lower Back Active Care Guide


-  **27211 Shoulder Rehab Kit**
- Thera-Band Tubing, 5', Red, with Soft Grip Handles
 - Thera-Band Door Anchor
 - Biofreeze Roll-on, 3 fl oz
 - Shoulder Back Rehab DVD
 - Shoulder Active Care Guide

-  **27212 Neck / Cervical Rehab Kit**
- Thera-Band Band Loop, 18", Red
 - Thera-Band Tubing, 5', Red, with Soft Grip Handles
 - Thera-Band Door Anchor
 - Biofreeze Spray, 2 fl oz
 - Neck / Cervical Back Rehab DVD
 - Neck / Cervical Active Care Guide

-  **27213 Knee & Hip Rehab Kit**
- Thera-Band Band Loop, 12", Red
 - Biofreeze Roll-on, 3 fl oz
 - Knee & Hip Back Rehab DVD
 - Knee & Hip Active Care Guide

-  **27214 Hand & Wrist Rehab Kit**
- Thera-Band Tubing, 5', Red, with Soft Grip Handles
 - Thera-Band FlexBar®, Red
 - Thera-Band Door Anchor
 - Biofreeze Roll-on, 3 fl oz
 - Hand & Wrist Rehab DVD
 - Hand & Wrist Active Care Guide



-  **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.



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 4" x 6"
40171 4" x 7"
40172 4" x 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 - 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



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
- 24130 Unscented Paraffin Refill (36 lb. pkg.)
- 24131 Fresh Citrus Scented Paraffin Refill (36 lb. pkg.)
- 24132 Unscented Paraffin Refill (2 lb. pkg.)
- 24133 Fresh Citrus Scented Paraffin Refill (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



Targeted, Controlled Deep Tissue Therapy

Prossage® Heat is specifically formulated for deep tissue work, myofascial release and trigger point therapy. Just put a few drops into the palm of your hand, rub your palms together and apply to the targeted area—immediate warmth is followed by lasting results.

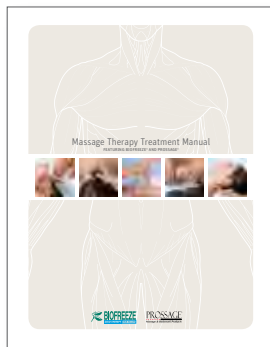
When you perform deep tissue work on patients and clients, Prossage Heat makes it easier to spread and mobilize the skin and fascia. The product's proper viscosity and controlled glide enable you to feel fascial restrictions and effectively release them, restoring tissue to its normal resting length, without sliding off the targeted area or causing discomfort.

Everyone working with fascia can benefit from Prossage Heat. The result is a deeper, quicker, more efficient therapy.

Features and benefits:

- The viscosity allows for manipulation of fascia and deep tissue.
- The non-slip controllable glide increases comfort.
- The thermal effect warms the area to encourage blood flow.

	Prossage Heat	
	OUSAB03-024	3 oz. Bottle
	OUSAB08-012	8 oz. Bottle
	OUSAB32-008	32 oz. Bottle



FREE Massage Therapy Treatment Manual with Exclusive Treatments

This exclusive pain-management treatment manual was designed by industry professionals and contains modalities ranging from sports massage to deep tissue stone treatments. A printed copy of this manual is only available to registered Where-to-Buy members. For your free copy, log into your account at www.biofreeze.com/loginGIRR.aspx. New members can sign up at the same online location. To view the manual online, visit www.performancehealth.com/TreatmentManual



“expert CORNER

The viscosity I need to do my best

“I always work to achieve the best therapeutic outcome in the shortest period of time. I work with competitive athletes, from recreational to professional, from college to Olympic level. The tools that a professional utilizes to help athletes return to play quickly and safely are critical. Prossage Heat has the viscosity I need to do my best hands-on soft-tissue therapy, including instrument assisted.”

Benny Vaughn, LMT, ATC, LAT, NCTMB, CSCS
Private Practice

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.



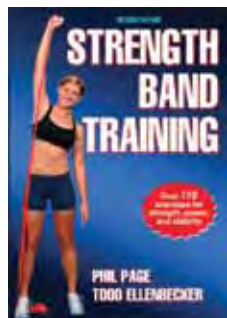
Product Number: 22205
Publisher: Human Kinetics
Year: 2003
ISBN-13: 978-0-7360-3688-7

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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Thera-Band Tan

Thera-Band Yellow

Thera-Band Red

Thera-Band Green

Thera-Band Blue

Thera-Band Black

Thera-Band Silver

Thera-Band Gold



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