

EXERBAND BILATERAL TUBE



EXERCISES And Instructions



Dear Valued Customer,

With the help of our advisory panel of rehabilitation professionals from around the country, we constantly seek new ways to improve our products and develop new items that best meet your needs. All of the products we offer are tested by professionals working in the field.

We only sell items that are proven to provide superior performance and deliver great value for the price.

Thanks for buying a PrePak product. We hope you will continue to look to us for the handy, helpful products you and your patients need.

Sincerely,

A handwritten signature in black ink that reads "Judy Ray". The signature is fluid and cursive.

Judy Ray

President, PrePak Products, Inc.

Every PrePak Product comes with a

100% SATISFACTION GUARANTEE

If for any reason, you are not completely satisfied with this product, simply return it in new condition, within 30 days of purchase, and we will gladly give you a full refund.

We guarantee your complete satisfaction!

GENERAL INSTRUCTIONS

Securing Exerband Bilateral Tube to your door

- Select a door in your home where there is little or no traffic.
- Place web-anchor strap over the top or along the hinged side of the door so that, when closed, the rubber tip is on the opposite side of the door.
- Pull on the web-anchor strap to wedge it firmly in the door.
- Be sure the door is closed and locked before starting to exercise.



Using Tubing with an Extremity Strap

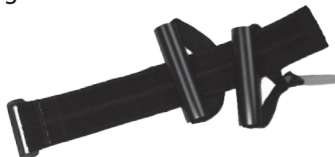
Adjustable velcro strap easily and comfortably anchors tubing to ankle and wrist for upper and lower extremity exercises.



Extremity
Strap
#534

Attach to the Bilateral Tube

1. Open strap and insert one end through both tube handles.
2. Fasten strap around upper or lower extremity and begin exercise.



Posture Is Important

Good posture while performing your exercises can make a major difference in the results of your exercise program. Whether you perform exercises standing, sitting or supine the following postural principles apply. Ideally ear, shoulder, and hip will fall in a straight line. There are three major components to achieving this posture:

- Keep the pelvis tucked/neutral, limiting lumbar lordosis. It helps to tighten the stomach and soften the knees. (This is opposite of sway back.)
- The shoulders should be relaxed resting down away from your ears. The scapulae (shoulder blades) remain gently depressed and retracted while exercising.
- Chest lifts naturally when shoulder blades are gently depressed and retracted.



Poor



Good



Depressed



Retracted

Targeting Your Exercise To The Problem Area

When you experience pain, weakness and/or stiffness, other muscles and joints may try to “help out” the affected area. This leads to compensatory movements, which although automatic, are abnormal. These compensations prevent proper functioning which can delay healing. During rehabilitation it is important to target the correct joint and limit these compensations. Targeting promotes optimum recovery and minimizes pain and irritation.

Your therapist or doctor is your best resource for proper targeting.

Which exercises are appropriate for you?

- The exercises in this booklet are some of the most common exercises. Many additional exercises are possible using the Exerband tubing. The instructions for these exercises may be modified depending on the nature of your rehabilitation program.
- Use only as directed by your therapist or doctor.

PRECAUTIONS: Before each use, inspect the tubing for nicks, cuts or abrasions. DO NOT USE if signs of stress or wear are found. As with any exercise program, if you experience pain, shortness of breath or dizziness, discontinue exercising and notify your physician. Never stretch tubing towards the face.

MEDICAL NECESSITY FORMS: Given upon request. These can help with reimbursement for you medical insurance provider, but does not guarantee payment.

RESISTANCE EQUIVALENCY CHART

Measurements are approximate.

The resistance is measured in pounds at listed length of stretch.

It is advisable to move to a stronger tube to increase resistance rather than stretching a weaker tube to it's maximum.

Resistance	Thin	Medium	Heavy	Extra Heavy	Special Heavy
Color	Yellow	Red	Green	Blue	Black
6"	.69 lbs.	1.60 lbs.	2.00 lbs.	3.00 lbs.	5.00 lbs.
12"	1.25 lbs.	3.00 lbs.	3.60 lbs.	5.30 lbs.	9.00 lbs.
18"	1.75 lbs.	4.00 lbs.	4.60 lbs.	7.00 lbs.	11.00 lbs.
24"	2.00 lbs.	4.80 lbs.	6.00 lbs.	8.60 lbs.	13.50 lbs.
30"	2.31 lbs.	5.50 lbs.	6.80 lbs.	10.00 lbs.	15.50 lbs.
36"	2.60 lbs.	6.00 lbs.	7.60 lbs.	11.40 lbs.	19.00 lbs.

Resistance	Thin	Medium	Heavy	Extra Heavy	Special Heavy
Color	Yellow	Red	Green	Blue	Black
15.24 cm	.31 kg	.73 kg	.90 kg	1.40 kg	2.30 kg
30.48 cm	.57 kg	1.40 kg	1.60 kg	2.40 kg	4.10 kg
45.72 cm	.79 kg	1.80 kg	2.10 kg	3.20 kg	4.90 kg
60.96 cm	.91 kg	2.22 kg	2.70 kg	3.90 kg	6.10 kg
76.20 cm	1.00 kg	2.50 kg	3.10 kg	4.50 kg	7.00 kg
91.44 cm	1.20 kg	2.70 kg	3.40 kg	5.10 kg	8.60 kg

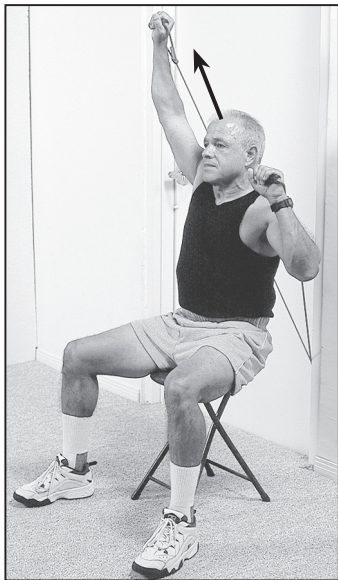
EXERCISE PRESCRIPTION FORM

1. **Shoulder Press:** Freq: _____ Sets: _____ Reps: _____
Notes _____
2. **Chest Press:** Freq: _____ Sets: _____ Reps: _____
Notes _____
3. **Shoulder Rows:** Freq: _____ Sets: _____ Reps: _____
Notes _____
4. **Elbow Extension:** Freq: _____ Sets: _____ Reps: _____
Notes _____
5. **Elbow Flexion:** Freq: _____ Sets: _____ Reps: _____
Notes _____
6. **Standing Hip Abduction:** Freq: _____ Sets: _____ Reps: _____
Notes _____
7. **Standing Hip Extension:** Freq: _____ Sets: _____ Reps: _____
Notes _____
8. **External Rotation:** Freq: _____ Sets: _____ Reps: _____
Notes _____
9. **Shoulder Hold-Up:** Freq: _____ Sets: _____ Reps: _____
Notes _____
10. **Sitting Knee Flexion:** Freq: _____ Sets: _____ Reps: _____
Notes _____
11. **Sitting Knee Extension:** Freq: _____ Sets: _____ Reps: _____
Notes _____
12. **Trunk Rotation (sitting):** Freq: _____ Sets: _____ Reps: _____
Notes _____
13. **Lunges:** Freq: _____ Sets: _____ Reps: _____
Notes _____
14. **Trunk Rotation (standing):** Freq: _____ Sets: _____ Reps: _____
Notes _____
15. **Hip Flexion:** Freq: _____ Sets: _____ Reps: _____
Notes _____
16. **Abdominal Crunch:** Freq: _____ Sets: _____ Reps: _____
Notes _____

I

SHOULDER PRESS

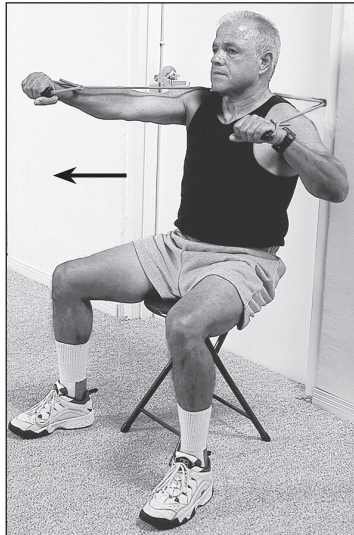
For Deltoid, Supraspinatus, Subscapularis, Triceps and Upper Trapezius.



- 1** Place the web-anchor strap near the bottom of the door.
- 2** Sit with your back to the door and a handle in each hand.
- 3** Bring both handles to shoulder level then press one hand up toward the ceiling.
- 4** Slowly return to the starting position.
- 5** Alternate arms.

For Anterior Deltoid, Pectoralis Major, Serratus and Triceps.

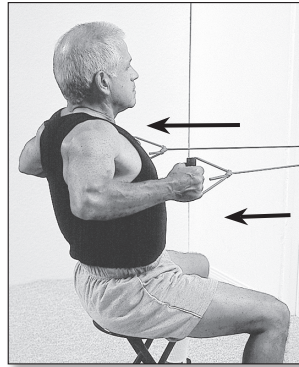
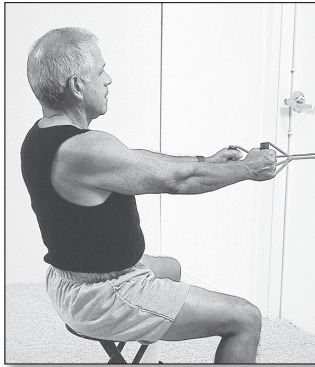
- 1** Place the web-anchor strap in the door just below shoulder level while sitting.
- 2** Sit with your back to the door. The chair should be about 6 inches (15 cm) from door.
- 3** Start with your hands just in front of your shoulders. Press forward with one hand until your arm is straight, while keeping the opposite hand in front of the shoulder.
- 4** Return slowly to the starting position.
- 5** Alternate arms.



3

SHOULDER ROWS

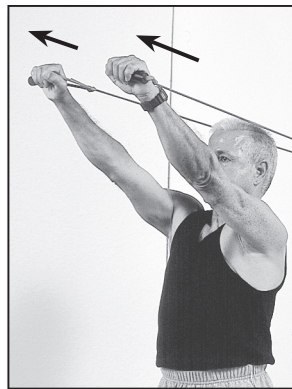
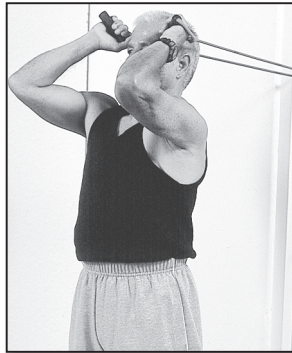
For Posterior Deltoid, Rhomboids, Middle Trapezius and Biceps.



- 1 Place the web-anchor strap in the door at chest level.
- 2 Sit facing the door. Move away from the door until the slack is taken up. Your arms should be straight out toward the door.
- 3 Pull back on the handles until your hands are next to your chest.
- 4 Return slowly to starting position.

For Triceps

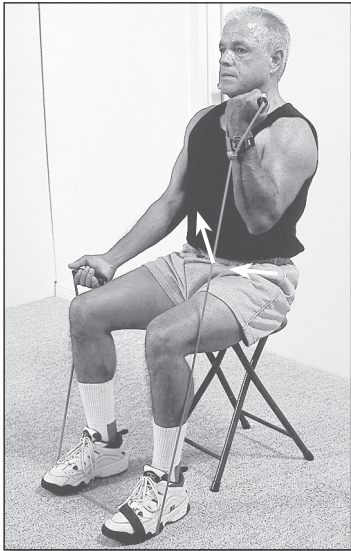
- 1** Place the web-anchor strap at shoulder level or above.
- 2** Stand facing away from the door. Start with the elbows bent and the back of your hands on top of your shoulders. The elbows will be pointing forward.
- 3** Push up on the handles to straighten the elbows.
- 4** Return to the starting position.



5

ELBOW FLEXION

For Biceps.



- 1** Sit on the edge of a chair.
- 2** Place the tubing under your feet. To shorten the tubing, spread your feet farther apart.
- 3** Hold the handles in each hand, with your arms down and elbows straight.
- 4** Bend one elbow while bringing your hand toward your shoulder.
- 5** Return slowly to the starting position.
- 6** Alternate arms.

For Gluteus Medius and Gluteus Minimus.

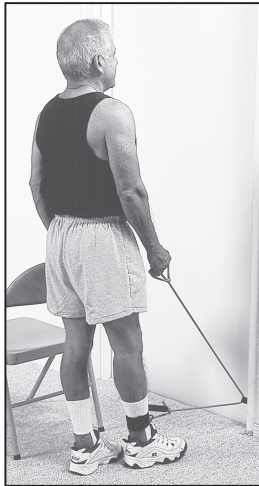


- 1** Anchor the web-anchor strap in the door at ankle level.
- 2** Stand with your exercise leg away from the door. Slide one handle over the extremity strap. Attach extremity strap to ankle of exercising leg. Hold the other handle in your hand.
- 3** Hold on to a chair for support and pull your leg out to the side. Maintain good spinal position and be sure the motion occurs at the hip, not the lower back.
- 4** Return leg slowly to starting position.

7

STANDING HIP EXTENSION

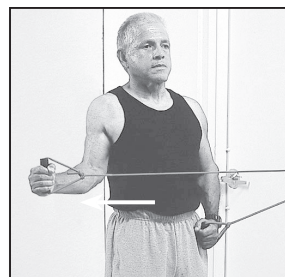
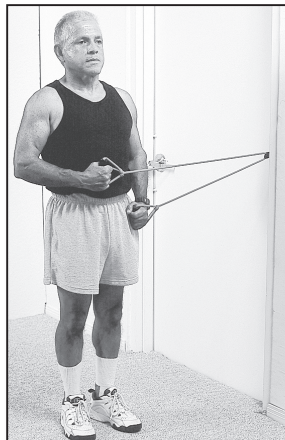
For Gluteus Maximus, Semitendinosus, Semimembranosus, and Biceps Femoris.



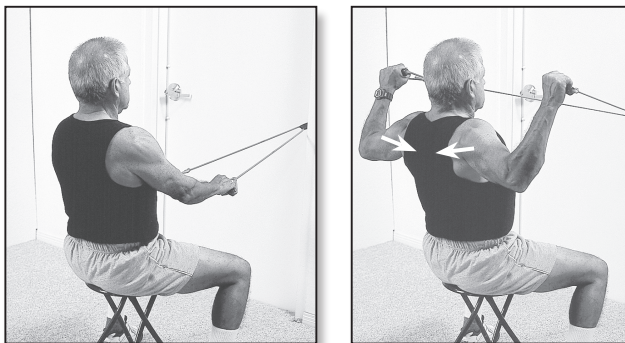
- 1** Anchor the web-anchor strap in door at ankle level.
- 2** Slide one handle over the extremity strap. Attach extremity strap to ankle of exercising leg. Hold the other handle in your hand.
- 3** Stand facing the door and move back to take up the slack in the cord. Use chair for support.
- 4** Extend your leg backwards. Start this motion at the hip, keeping a neutral spine position. Motion should occur at the hip, not the lower back.
- 5** Slowly return to starting position.

For Infraspinatus, teres minor.

- 1** Sit in a chair or stand with your exercise arm away from the door.
- 2** Place web-anchor strap in door at elbow level.
- 3** Grasp handles with each hand.
- 4** Hold the arm closest to the door against your side to keep tubing taut.
- 5** Place the exercise arm, with the elbow bent 90° against your side and forearm against your chest. Make sure there is no slack in the cord.
- 6** Pull the handle of the exercise arm away from your chest while keeping the elbow at your side.
- 7** Slowly return to the starting position and repeat.



Rhomboids, Middle Trapezius, Supraspinatus, Infraspinatus, Teres Minor, and Deltoid



- 1 Place web-anchor strap in the door, below shoulder level.
- 2 Stand or sit facing the door with your hands in front of you, arms slightly lifted, elbows slightly bent. Grip the handles with the palms facing the floor.
- 3 Pull the handles away from the door toward the sides of your head. Bend your elbows pointing thumbs backwards at your ears.
- 4 Squeeze your shoulder blades together. You'll finish in the "stick 'em up" position.

For Semitendinosus, Semimembranosus, and Biceps Femoris.

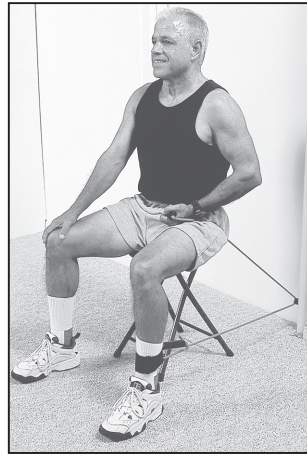


- 1** Place the web-anchor strap 6 inches (15 cm) from the bottom of the door.
- 2** Sit in a chair facing the door. Slide one handle over the extremity strap. Attach extremity strap to ankle of exercising leg. Hold the other handle in your lap.
- 3** Start with your knee straight and the cord slightly stretched.
- 4** Pull back by bending your knee. You can turn your foot to the inside or outside as you pull back.
- 5** Return slowly to the starting position.

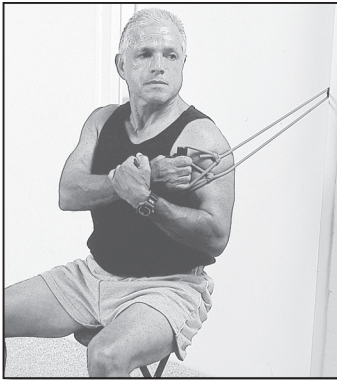
11**SITTING KNEE EXTENSION**

Vastus Medialis, Vastus Lateralis, and Vastus Intermedius

- 1** Place the web-anchor strap 6 inches (15 cm) from bottom of door.
- 2** Slide one handle over the extremity strap. Attach extremity strap to ankle of exercising leg. Hold the other handle in your lap.
- 3** Sit on a chair with your back to the door.
- 4** Extend the knee to a full straight position.
- 5** Lower knee to starting position.
- 6** Repeat.



For External Oblique, Internal Oblique, Multifidus, and Interspinales.



1 Place the web-anchor strap at shoulder level while sitting in a chair with back to the door.

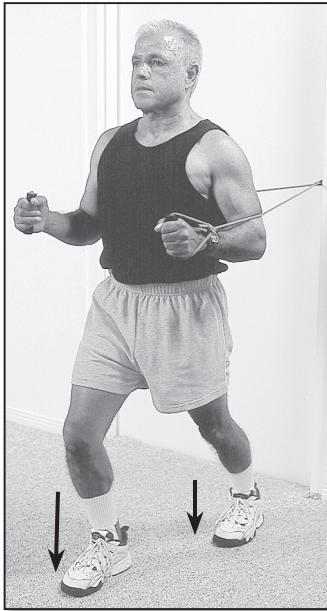
2 For left rotation, position cord behind right shoulder. Fold arms across chest, position left hand, which is holding both handles, on right shoulder.

3 Keep this position as you turn your body to the left. Maintain a neutral spine position.

4 Return slowly to the starting position. Reverse procedure for right rotation.

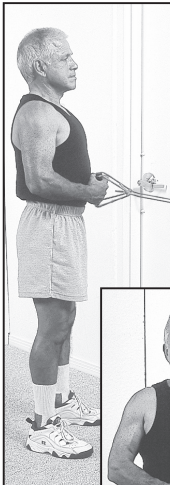


For Quadriceps, Gluteus Maximus, Hamstrings, Gastrocnemius and Soleus.



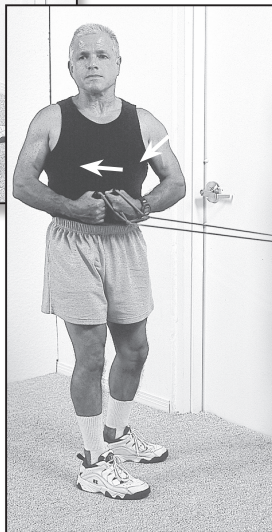
- 1 Anchor the web-anchor strap in the door at waist level.
- 2 Stand with back to the door. Grasp handles and hold at waist throughout exercise.
- 3 Lunge forward while maintaining an upright trunk position.
- 4 Return slowly to the starting position.
- 5 Alternate legs.

For External and Internal Obliques, Interspinales and Multifidus



1 Place the web-anchor strap at waist level when standing, while facing the door.

2 For left rotation, hold handles at waist level. Feet are placed about hip width apart with toes facing forward.

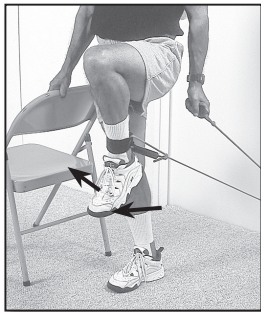
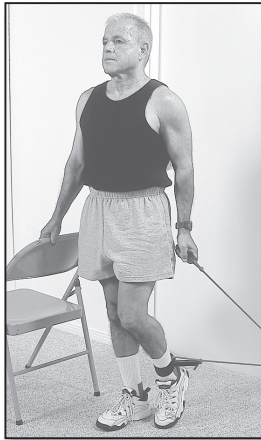


3 Keep arms close to the body and rotate trunk to the left. Return to center and then rotate to the right. Hips and pelvic area face forward, knees are slightly bent as you rotate the shoulders and waist to first one side and then the other.

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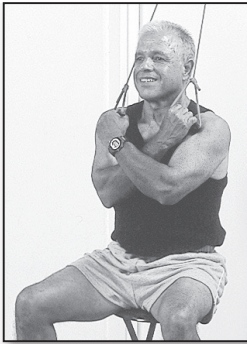
HIP FLEXION

For Ilio-psoas, Rectus Femoris

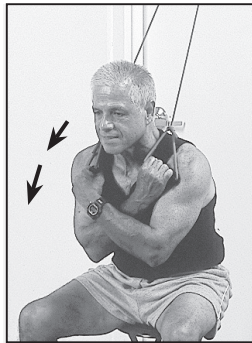


- 1** Position web-anchor strap in door, about 4 inches from the floor.
- 2** Slide one handle over the extremity strap. Attach extremity strap to ankle of exercising leg. Grasp the other handle with your hand as shown.
- 3** Stand with your back to the door, leg extending back, toes on floor and taut cord.
- 4** Keeping cord taut, bend your right knee and raise it as high as you can.
- 5** Lower leg to starting position and repeat.
- 6** To exercise other side, switch foot and hand positions to other side.

For Rectus Abdominus, Transversus Abdominus, Internal and External Obliques.



- 1 Place web-anchor strap over the top of a door.
- 2 Sit in a chair with your back to the door about 12 inches (30 cm) from door.
- 3 Grasp handles and place your hands at shoulder height as shown. Keep them in this position throughout exercise.
- 4 With cord taut, curl forward while tightening stomach muscles. (Pull muscles toward your spine.) Return to starting position and repeat.





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