

EXERBAND UNILATERAL 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.

Yours,

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

Judy Ray

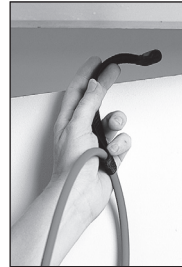
President,

PrePak Products, Inc.

GENERAL INSTRUCTIONS

Securing Exerband Unilateral 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 with lower extremity exercises.

- Lower extremity exercises can be done by inserting the exercise foot through the tube and wrapping the tube around the foot or ankle of the exercise leg. Use a double wrap to keep the tube secure.
- A heavy duty, easy to use Extremity Strap is available as an optional item.



GENERAL INSTRUCTIONS

Using Tubing with an Extremity Strap

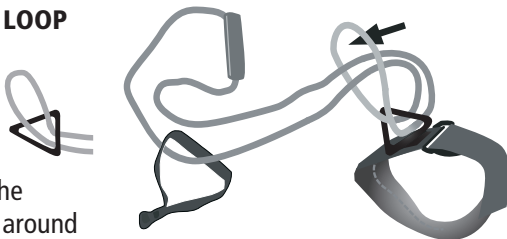
Adjustable velcro strap easily and comfortably anchors tubing to ankle and wrist for upper and lower extremity exercises.



Extremity
Strap
#534

Attach to the UNILATERAL LOOP

1. Fold tubing and insert into the triangle as shown, creating a loop.
2. Bring the opposite end of the tube through the loop and around the triangle.



Attach to the 3' UNILATERAL TUBE

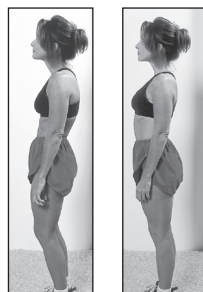
1. Open strap and insert one end through the tube handle.
2. Fasten strap around upper or lower extremity and begin exercise.



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.



Poor

Good



Depressed



Retracted

- Chest lifts naturally when shoulder blades are gently depressed and 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 guide 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 tubing. The instructions for these exercises may be modified depending on the nature of your rehabilitation program.
- Use 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.

6' LOOP 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" (15.24 CM)	.83 LBS (.38 KG)	1.93 LBS (.88 KG)	2.42 LBS (1.1 KG)	3.6 LBS (1.6 KG)	7 LBS (3.2 KG)
12" (30.48 CM)	1.5 LBS (.68 KG)	3.63 LBS (1.6 KG)	4.0 LBS (1.8 KG)	6.4 LBS (2.9 KG)	10 LBS (4.5 KG)
18" (45.72 CM)	2.1 LBS (.95 KG)	4.8 LBS (2.2 KG)	5.6 LBS (2.5 KG)	8.5 LBS (3.8 KG)	13.5 LBS (6.1 KG)
24" (60.96 CM)	2.4 LBS (1.1 KG)	5.8 LBS (2.6 KG)	7.3 LBS (3.3 KG)	10.4 LBS (4.7 KG)	17 LBS (7.7 KG)
30" (76.20 CM)	2.8 LBS (1.3 KG)	6.6 LBS (3.0 KG)	8.2 LBS (3.7 KG)	12 LBS (5.5 KG)	20 LBS (9.1 KG)
36" (91.44 CM)	3.1 LBS (1.4 KG)	7.3 LBS (3.3 KG)	9.2 LBS (4.2 KG)	13.6 LBS (6.2 KG)	22 LBS (10 KG)

3' UNILATERAL TUBE RESISTANCE EQUIVALENCY CHART

Measurements are approximate.

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

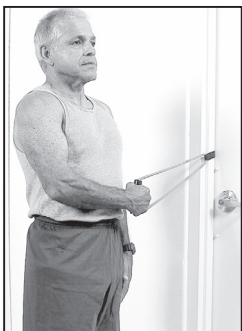
It is advisable to move to a stronger tube to increase resistance rather than stretching a weaker tube to it's maximum.

RESISTANCE	THIN	MEDIUM	HEAVY	EXTRA HEAVY	SPECIAL HEAVY
COLOR	YELLOW	RED	GREEN	BLUE	BLACK
6" (15.24 CM)	.69 LBS (.31 KG)	1.6 LBS (.73 KG)	2 LBS (.90 KG)	3 LBS (1.4 KG)	5 LBS (2.3 KG)
12" (30.48 CM)	1.25 LBS (.57 KG)	3 LBS (1.4 KG)	3.6 LBS (1.6 KG)	5.3 LBS (2.4 KG)	9.0 LBS (4.1 KG)
18" (45.72 CM)	1.75 LBS (.79 KG)	4 LBS (1.8 KG)	4.6 LBS (2.1 KG)	7 LBS (3.2 KG)	11 LBS (4.9 KG)
24" (60.96 CM)	2 LBS (.91 KG)	4.8 LBS (2.22 KG)	6 LBS (2.7 KG)	8.6 LBS (3.9 KG)	13.5 LBS (6.1 KG)
30" (76.20 CM)	2.31 LBS (1 KG)	5.5 LBS (2.5 KG)	6.8 LBS (3.1 KG)	10 LBS (4.5 KG)	15.5 LBS (7 KG)
36" (91.44 CM)	2.6 LBS (1.2 KG)	6 LBS (2.7 KG)	7.6 LBS (3.4 KG)	11.4 LBS (5.1 KG)	19 LBS (8.6 KG)

EXERCISE PRESCRIPTION FORM

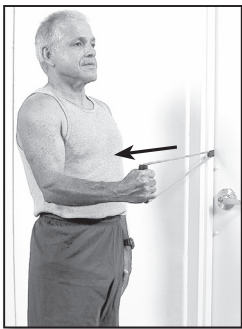
- 1. External Rotation:** Freq: _____ Sets: _____ Reps: _____
notes _____
- 2. Internal Rotation:** Freq: _____ Sets: _____ Reps: _____
notes _____
- 3. Shoulder Abduction:** Freq: _____ Sets: _____ Reps: _____
notes _____
- 4. Abduction External Rot.:** Freq: _____ Sets: _____ Reps: _____
notes _____
- 5. Shoulder Depression:** Freq: _____ Sets: _____ Reps: _____
notes _____
- 6. Sitting Knee Flexion:** Freq: _____ Sets: _____ Reps: _____
notes _____
- 7. Sitting Knee Extension::** Freq: _____ Sets: _____ Reps: _____
notes _____
- 8. Standing Hip Extension:** Freq: _____ Sets: _____ Reps: _____
notes _____
- 9. Standing Hip Abduction:** Freq: _____ Sets: _____ Reps: _____
notes _____
- 10. Lunges:** Freq: _____ Sets: _____ Reps: _____
notes _____
- 11. Sitting Trunk Rotation:** Freq: _____ Sets: _____ Reps: _____
notes _____
- 12. Assisted Sit-Ups:** Freq: _____ Sets: _____ Reps: _____
notes _____
- 13. Int. Rotation in Abduct.:** Freq: _____ Sets: _____ Reps: _____
notes _____

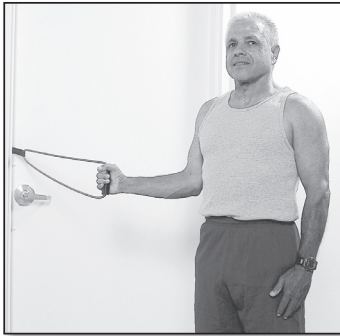
14. **Shoulder Adduction:** Freq:_____ Sets:_____ Reps:_____
- notes _____
15. **Shoulder Flex. Ext. Rot.:** Freq:_____ Sets:_____ Reps:_____
- notes _____
16. **Shoulder Flex. Int. Rot.:** Freq:_____ Sets:_____ Reps:_____
- notes _____
17. **Shoulder Extension:** Freq:_____ Sets:_____ Reps:_____
- notes _____
18. **Shoulder Retraction:** Freq:_____ Sets:_____ Reps:_____
- notes _____
19. **Chest Press w/ Shld Prot:** Freq:_____ Sets:_____ Reps:_____
- notes _____
20. **Shoulder Elevation:** Freq:_____ Sets:_____ Reps:_____
- notes _____
21. **Diagonal Patterns-
Ext., Adduct., Int. Rotation:** Freq:_____ Sets:_____ Reps:_____
- notes _____
22. **Diagonal Patterns-
Flexion, Abd., Ext. Rotation:** Freq:_____ Sets:_____ Reps:_____
- notes _____
23. **Shoulder Press:** Freq:_____ Sets:_____ Reps:_____
- notes _____
24. **Elbow Flexion:** Freq:_____ Sets:_____ Reps:_____
- notes _____
25. **Elbow Extension:** Freq:_____ Sets:_____ Reps:_____
- notes _____
26. **Standing Trunk Rotation:** Freq:_____ Sets:_____ Reps:_____
- notes _____

I**EXTERNAL ROTATION**

For Infraspinatus, Teres Minor, Posterior Deltoid, and Supraspinatus.

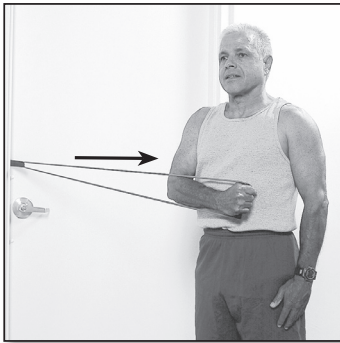
1. Place Web-Anchor Strap in door at elbow height.
2. Stand sideways to the door with the exercise arm away from the door.
3. Place your arm against your side with the elbow bent 90° and forearm against your chest.
4. Pull the handle away from your chest and keep the elbow next to your side.
5. Slowly return to the starting position.





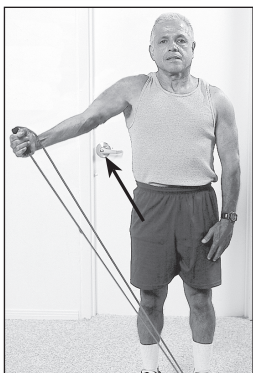
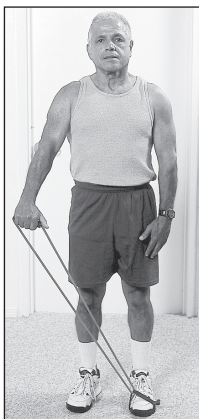
For Subscapularis, Latissimus Dorsi, Teres Major, and Pectoralis Major

1. Place Web-Anchor Strap in door at elbow height.
2. Stand with your exercise arm toward the door.
3. Place the arm at your side and with the elbow bent 90°, pull the handle in toward the front of your body. Keep elbow next to your side.
4. Return slowly to starting position.



3

SHOULDER ABDUCTION



For Deltoid, Subscapularis, Supraspinatus, and Infraspinatus.

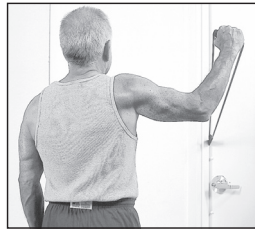
1. Place Web-Anchor Strap near bottom of door or around foot as shown.
2. Stand with the exercise arm away from the door. Start by holding the handle at the midline of body, the elbow is nearly straight.
3. Pull out, from the shoulder, until the arm is extended to the side 80° and thumb is pointing up.
4. Return slowly to the starting position.

ABDUCTION WITH EXTERNAL ROTATION

4

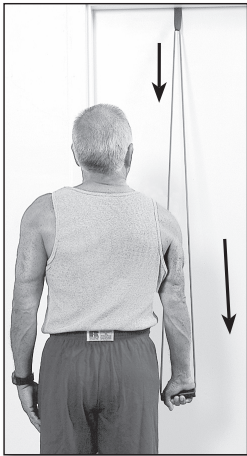
For Deltoid, Supraspinatus, Infraspinatus, and Teres Minor.

1. Place Web-Anchor Strap in the door, below shoulder level.
2. Stand facing the door with your arm lifted 90° to the side. The elbow is bent 90°. Grip the handle with the palm facing the door.
3. Pull the handle away from the door by rotating the arm. Maintain the 90° arm position.
4. Return slowly to the starting position.



5

SHOULDER DEPRESSION



For Pectoralis Major, Pectoralis Minor and Latissimus Dorsi.

1. Place Web-Anchor Strap over the top of the door.
2. Stand facing the door. Hold the arm at your side with the elbow straight.
3. Push your shoulder up, like you are shrugging. Then push down on the handle using your shoulder muscles.
4. Return to the “shrug” shoulder position.

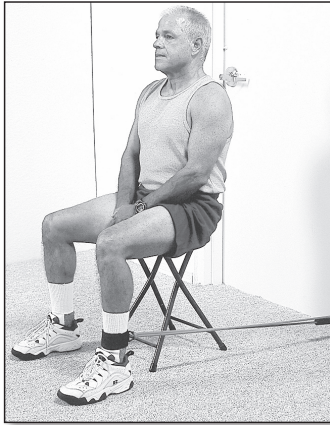
*For Semitendinosus,
Semimembranosus, and
Biceps Femoris.*

1. Place the Web-Anchor Strap 6 inches (15 cm) from the bottom of the door.
2. Sit in a chair facing the door. Place foot inside tubing and double wrap it around your ankle, or use optional Extremity Strap.
3. Start with your knee straight and the tubing 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 starting position.



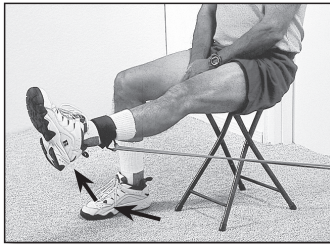
7

SITTING KNEE EXTENSION



For Vastus Medialis, Vastus Lateralis, and Vastus Intermedius.

1. Place the Web-Anchor Strap 6 inches (15 cm) from bottom of door.
2. Sit on a chair with your back to the door and the tube wrapped around your ankle, or use optional Extremity Strap.
3. Extend the knee to full straight position.
4. Lower to the starting position.
5. Repeat.



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

1. Place the Web-Anchor Strap in the side of the door at ankle level.
2. Place foot through the tube and wrap tube around the ankle of the exercise leg, or use optional Extremity Strap.
3. Stand facing the door and step back to take up the slack in the tubing. 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 the starting position.



9

STANDING HIP ABDUCTION



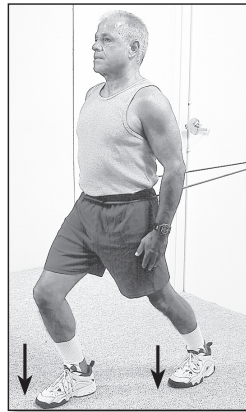
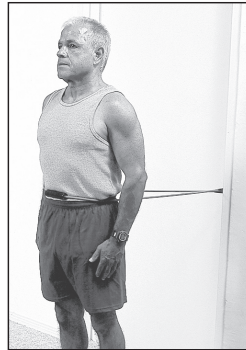
*For Gluteus Medius and
Gluteus Minimus.*

1. Anchor the Web-Anchor Strap in the side of the door at ankle level.
2. Wrap the tubing around the lower extremity and stand with your exercise leg away from the door, or use optional Extremity Strap.
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 slowly to the starting position.



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

1. Anchor the Web-Anchor Strap in the hinge side of the door at waist level.
2. Place the tubing around your waist and face away from the door.
3. Lunge forward while maintaining an upright trunk position.
4. Return slowly to the starting position.
5. Alternate legs.

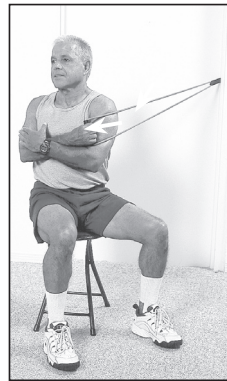
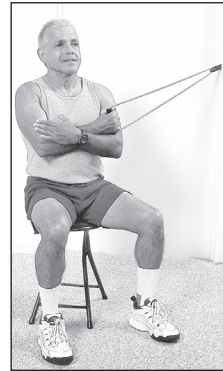


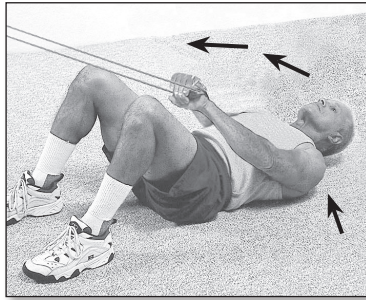


SITTING TRUNK ROTATION

For External & Internal Obliques, Interspinales, and Multifidus.

1. Place the Web-Anchor Strap in door at shoulder level while sitting in a chair with the chair's back to the door.
2. For right rotation, position tubing behind left shoulder. Fold your arms across your chest so that your right hand, which is holding the tubing, is on your left shoulder.
3. Put your left hand on your right shoulder. Keep this position as you turn your body to the right. Maintain a neutral spine position.
4. Return slowly to the starting position. Reverse procedure for left rotation.



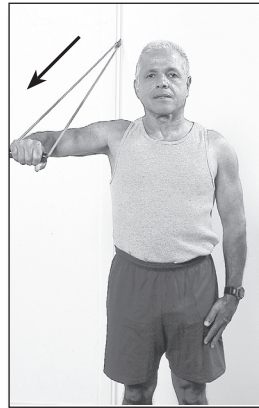
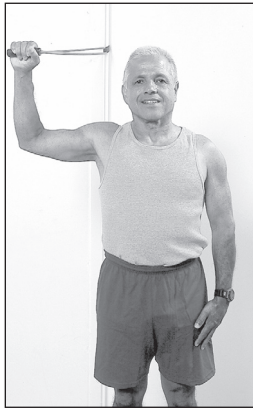


For Rectus Abdominis and External Oblique.

1. Place Web-Anchor Strap in door 4-5 feet from floor.
2. Lie on back, feet toward door.
3. Hold handles with arms out straight toward door, shoulders down. Tubing should be stretched to provide assistance.
4. Bend knees slightly and place feet flat on floor.
5. Allow tubing to help pull you up by pushing your heels into the floor and **CURLING UP**. Motion starts with head and neck.
6. Come to full sitting, then curl back down with lower back lying down first. Do not allow feet to raise off the floor.

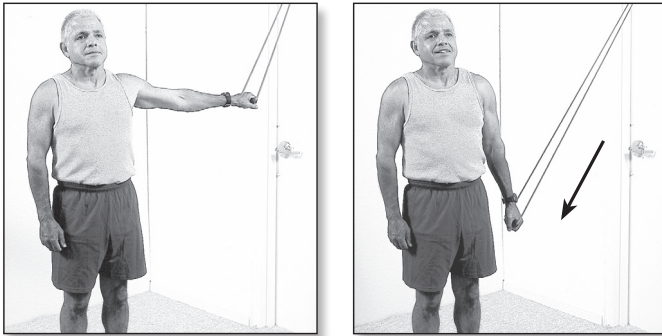
13

INTERNAL ROTATION IN ABDUCTION



For Deltoid, Infraspinatus, Pectoralis Major, and Teres Major

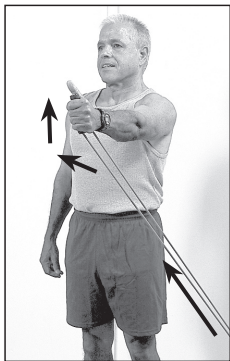
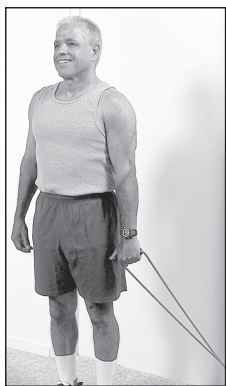
1. Place Web-Anchor Strap in door above shoulder level.
2. Stand with your back to the door.
3. The arm is lifted away from the side 90°. The elbow is bent 90° with the hand up and slightly back.
4. Pull the handle forward by rotating the arm at the shoulder.
5. Return slowly to starting position.



For Pectoralis Major, Latissimus Dorsi and Teres Major

1. Place Web-Anchor Strap at top of door.
2. Stand with the exercise arm toward the door. Stand away from the door so the rubber tubing holds the arm out to the side.
3. Pull the handle down to the side.
4. Return slowly to the starting position.

15 SHOULDER FLEXION WITH EXTERNAL ROTATION



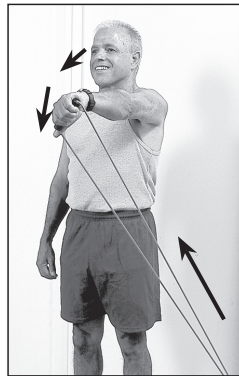
For Deltoid, Biceps, Supraspinatus, and Infraspinatus.

1. Place Web-Anchor Strap near bottom of the door.
2. Stand with your back to the door, the exercise arm is down to your side and slightly behind your body. Step forward until the slack in the tubing is taken up.
3. Pull the handle forward until the arm is in front and raised to shoulder level. As you lift, turn the thumb side of your hand up.
4. Lower the arm slowly to the starting position.

SHOULDER FLEXION WITH INTERNAL ROTATION 16

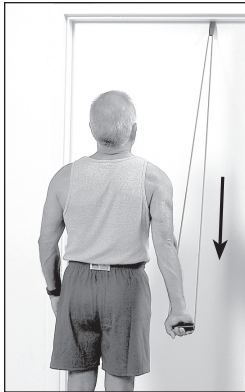
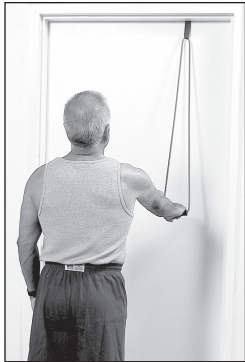
For Anterior Deltoid, Supraspinatus, Infraspinatus, Middle Deltoid and Subscapularis.

1. Place Web-Anchor Strap near the bottom of the door.
2. Stand with your back to the door. The exercise arm is down to your side and a little behind your body. Step forward until the slack is taken up in the tubing.
3. Pull the handle forward until the arm is in front and up to shoulder level. As you lift, turn the thumb side of your hand down.
4. Return slowly to starting position.



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SHOULDER EXTENSION

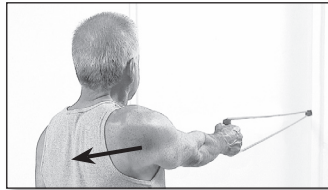
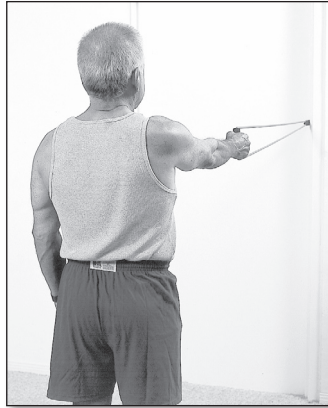


For Posterior Deltoid, Latissimus Dorsi, and Lower Trapezius, Rhomboids, Teres Major.

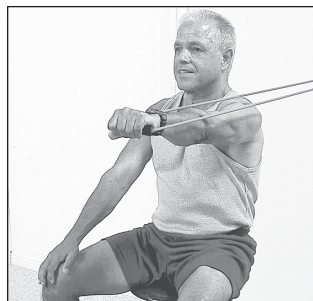
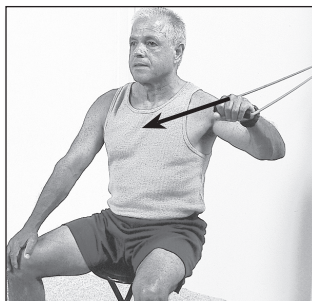
1. Place the Web-Anchor Strap at the top of the door.
2. Stand facing the door. Start with the arm in front of the body at 90°. Step back to take up any slack so the tubing is holding your arm up.
3. Pull down on the handle past your hip until the arm is behind the body, keeping your elbow straight as you pull.
4. Return slowly to the starting position.

For Rhomboids and Trapezius

1. Place the Web-Anchor Strap in the door at shoulder level.
2. Stand facing the door with the arm straight out in front. Keep the elbow straight and pull back on the handle by using your shoulder blade muscles. (Not a lot of movement will occur.) Remember to keep the elbow straight.
3. Return to the starting position slowly.



19 CHEST PRESS WITH SHOULDER PROTRACTION



For Anterior Deltoid, Pectoralis Major, Serratus and Triceps

1. Place the Web-Anchor Strap in the door at approximately shoulder level.
2. Stand or sit facing away from the door.
3. Start with your hand just in front of the shoulder. Press forward until your arm is straight.
4. Now push forward on the handle using your shoulder. Remember to keep the elbow straight.
5. Return slowly to starting position.

For Upper Trapezius and Levator Scapula

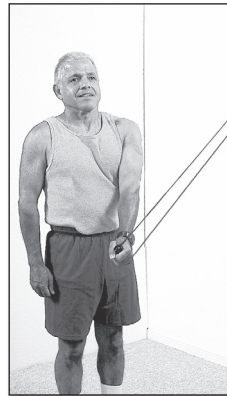
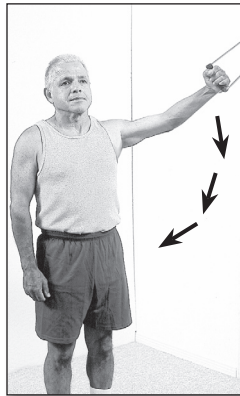
1. Place the Web-Anchor Strap around your foot and step on the tubing to take up all the slack and increase the resistance.
2. Hold the handle by your side; keep the elbow straight.
3. Pull up on the handle without bending your elbow. Shrug your shoulder to do this.
4. Slowly return to the starting position.



Extension-Adduction-Internal Rotation

For Pectoralis Major, Pectoralis Minor and Subscapularis

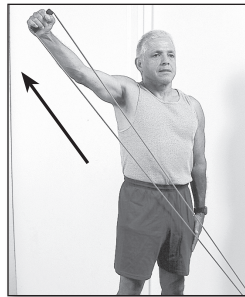
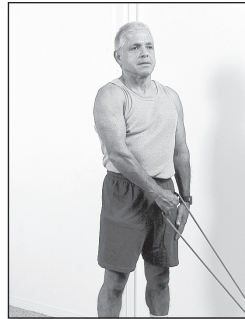
1. Place the Web-Anchor Strap over the top of the door.
2. Stand sideways to the door with the exercise arm toward the door. Start with the arm out to the side and above shoulder level with the palm facing forward.
3. Pull down and across the body.
4. Return slowly to the starting position.



Flexion-Abduction-External Rotation

*For Teres Minor, Supraspinatus,
Infraspinatus, Middle Deltoid*

1. Place the Web-Anchor Strap near the bottom of the door.
2. Stand with the exercise arm away from the door. Hold the handle in front of the body with the back of the hand toward the door.
3. Lift your arm up and out, keeping the elbow straight and turn the arm so the thumb side of the hand is up.
4. Return slowly to the starting position.

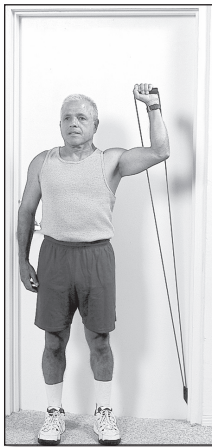


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SHOULDER PRESS

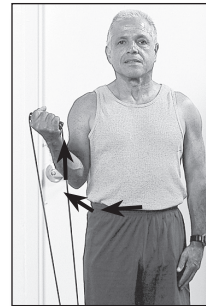
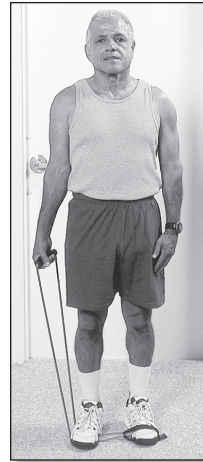
For Deltoid, Supraspinatus, Subscapularis, Triceps and Upper Trapezius

1. Place the Web-Anchor Strap near the bottom of the door.
2. Stand facing away from the door.
3. Bring the handle to shoulder level and press the hand up toward the ceiling.
4. Lower slowly to the starting position.



For Biceps

1. Place the Web-Anchor Strap around foot opposite the exercise side.
2. Take up all the slack in the tubing, by stepping on the tubing with the foot of the exercising side. Hold the handle with your arm down and elbow straight.
3. Bend the elbow and bring the hand toward the shoulder.
4. Return slowly to the starting position.



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ELBOW EXTENSION

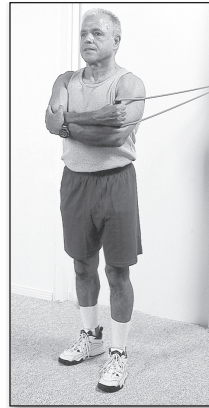


For Triceps

1. Place the Web-Anchor Strap in the door slightly above shoulder level.
2. Stand facing away from the door.
3. Start with the elbow bent and the back of your hand on top of your shoulder. The elbow will be pointing forward.
4. Push up on the handle to straighten the elbow.
5. Return to the starting position.

For External & Internal Obliques, Interspinales, and Multifidus.

1. Place the Web-Anchor Strap in the side of the door at standing shoulder level.
2. Stand facing away from the door. For right rotation, place your right foot in front of your left with the tube behind the left shoulder.
3. Hold the tubing with your right hand. Place your right hand on your left shoulder.
4. Cross your left arm over your right. From this position, slowly rotate your shoulder and trunk to the right. Maintain neutral spine.
5. Return slowly to the starting position.



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Web Site: www.prepakproducts.com

Email: info@prepakproducts.com

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