

CanDo® Low Powder Exercise Band Pep Packs

The CanDo® Low Powder Exercise Band Pep Pack can be used for a complete progressive resistance exercise program. Each pack comes with three different 4-foot bands and an illustrated exercise chart. Bands are poly-bagged for additional protection.



Product Features:

- Used for progressive resistance exercise program
- Economic and effective solution for upper and lower body exercise
- Comes with 3 different 4 ft. long and 5 in. wide bands, illustration instruction/exercise chart
- Color coded resistance levels
- Made with natural rubber latex
- Dimensions - 4' x 0.2" x 5"

Item #	Description	Qty
10-5280	CanDo® Low Powder Exercise Band Pep Pack - Easy	each
10-5282	CanDo® Low Powder Exercise Band Pep Pack - Moderate	each

CanDo® Exercise Band Accessory Kit

The CanDo® Exercise Band Accessory Kit can be used to enhance a resistance band workout and can facilitate a wide range of exercises.



Product Features:

- Used to enhance a resistance exercise band workout
- Handles offer comfortable and functional grips
- Anchors can be used to enhance exercise versatility
- Comes with 1 loop stirrup, 1 door disc and 1 pair of handles

Item #	Description	Qty
10-5334	CanDo® Exercise Band Accessory Kit	each

CanDo® Deluxe Over-Door Shoulder Pulley Exerciser

The CanDo® Deluxe Over-Door Shoulder Pulley Exerciser provides a convenient platform for resistance exercise that increases range of motion in the arms. The pulley can be attached to any door and is available in convenient clamp or strap configurations.



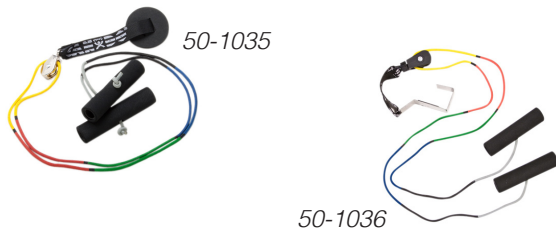
Product Features:

- Used to increase shoulder range of motion
- Deluxe exerciser has 2 pulleys and bracket for smooth and easy operation
- Portable exerciser can be easily transported and fitted to most doors
- Each pulley has a swivel hook for seamless pulley action and large foam handles for comfortable grip
- Extra-long rope can be used in the standing or seated position
- Each exerciser comes standard with instructions pamphlet and retail packaging

Item #	Description	Qty
50-1010	CanDo® Deluxe Over-Door Shoulder Pulley Exerciser	each

CanDo® Over-Door Shoulder Pulley Exerciser

The CanDo® Over-Door Shoulder Pulley Exerciser provides a convenient platform for resistance exercise that increases range of motion in the arms. Great for therapy and low-impact strength treatments.



Product Features:

- Over-door shoulder pulley with single pulley and door jamb anchor nub (50-1035) or bracket (50-1036)
- Used to increase shoulder range of motion
- Visualizer® rope allows user to achieve specific pre-defined levels of ROM
- Color-coded by ROM from yellow (least) to black (most)
- Each exerciser comes standard with instructions pamphlet and retail packaging

Item #	Description	Qty
50-1035	CanDo® Over-Door Shoulder Pulley Exerciser	each
50-1036	CanDo® Over-Door Shoulder Pulley Exerciser	each

CanDo® Inflatable Exercise Balls

The CanDo® Inflatable Exercise Balls are used to improve balance, coordination, flexibility and strength.



Product Features:

- Used to improve balance, coordination, flexibility and strength
- Used as aids for vestibular movement and equilibrium therapy, by fitness professionals as an aid for stretching and strength programs, as seats and even by pregnant women in birthing classes
- Balls have non-slip surface that is ribbed for extra security

Item #	Description	Qty
30-1802B	CanDo® Inflatable Exercise Ball, Orange - 22 inch	each
30-1803B	CanDo® Inflatable Exercise Ball, Green - 26 inch	each
30-1804B	CanDo® Inflatable Exercise Ball, Red - 30 inch	each

CanDo® Inflatable Balance Disc

The CanDo® Inflatable Balance Disc mimics both the movement and shape of the inflatable ball when used on any seat. It acts as a dynamic cushion to activate major muscle groups. Can be used on the floor as a standing disc for balance training and for strengthening the lower extremities.



Product Features:

- Inflatable vestibular disc mimics the movement and shape of an inflatable ball when used on any seat
- Use it on the floor as a standing disc for balance training, and strengthening of the lower extremities
- Each disc has one nubby side for tactile feedback and stimulation and one flat side
- Disc inflates and deflates with standard pump
- Vary the inflation to change the level of vestibular challenge

Item #	Description	Qty
30-1870B	CanDo® Inflatable Balance Disc	each

CanDo® Gel Squeeze Ball

The CanDo® Gel Squeeze Ball can be heated or chilled for hot and cold therapy. Can be used to increase grip strength and hand dexterity.



Product Features:

- Hand exerciser for grip strength, dexterity, mobility and fine and gross motor skills
- Heat or chill for use in hot or cold therapy
- Available in 4 color-coded resistance levels

Item #	Description	Qty
10-1491	CanDo® Gel Squeeze Ball, Standard Circular; Yellow - Extra Light	each
10-1492	CanDo® Gel Squeeze Ball, Standard Circular; Red - Light	each
10-1493	CanDo® Gel Squeeze Ball, Standard Circular; Green - Medium	each
10-1494	CanDo® Gel Squeeze Ball, Standard Circular; Blue - Heavy	each

CanDo® Theraputty® Hand Exercising Putty

The CanDo® Theraputty® exercise material has become the standard in resistive hand exercise material. Each color-coded putty has a different consistency ranging from extra soft for strengthening a weak hand grasp, to extra-firm for developing a stronger grip.



Product Features:

- Used for progressive resistance hand exercise program
- Color coded resistance levels ranging from extra-soft for weak grasp to firm for moderate grip
- Available in convenient easy-to-open 2 oz plastic containers
- Made with gluten, latex and casein free material

Item #	Description	Qty
10-0900	CanDo® Theraputty® Hand Exercising Putty; Yellow - Extra Soft	each
10-0901	CanDo® Theraputty® Hand Exercising Putty; Red - Soft	each
10-0902	CanDo® Theraputty® Hand Exercising Putty; Green - Medium	each
10-0903	CanDo® Theraputty® Hand Exercising Putty; Blue - Firm	each

CanDo® Digi-Extend® Hand Exercisers

The CanDo® Digi-Extend® Hand Exercisers is a unique therapy device that can isolate the extension of all five fingers and each individual finger joint. Patients can easily change the resistance levels and vary their hand positions for specific exercises to help meet goals.



Product Features:

- Strengthens the intrinsic and extrinsic muscle groups to maximize extensor tendon gliding, joint motion, coordination and muscle function in the hand and forearm
- Focuses on the extensor mechanism of one or all fingers as it targets the area of the hand needing rehabilitation
- Four color-coded band resistance levels allow each muscle or joint to work at a comfortable level

Item #	Description	Qty
10-0775	CanDo® Digi-Extend® Hand Exerciser	each

CanDo® Digi-Flex Hand/Finger Exerciser

The CanDo® Digi-Flex Hand/Finger Exerciser develops isolated finger strength, flexibility and coordination as it builds hand and forearm strength. Use each button independently to exercise fingers or compress the entire unit for complete strengthening. Comes complete with illustrated patient manual.



Product Features:

- Used to develop isolated finger strength, flexibility and coordination
- Builds hand and forearm strength
- Use each button independently or compress entire unit for finger or hand exercises
- Stronger fingers cannot compensate for weaker fingers
- Progressive color-coded resistance gives patient positive feedback

Item #	Description	Qty
10-0740	CanDo® Digi-Flex Hand/Finger Exerciser; Yellow - 1.5 pounds	each
10-0741	CanDo® Digi-Flex Hand/Finger Exerciser; Red - 3 pounds	each
10-0742	CanDo® Digi-Flex Hand/Finger Exerciser; Green - 5 pounds	each
10-0743	CanDo® Digi-Flex hand/Finger Exerciser; Blue - 7 pounds	each

CanDo® Adjustable Wrist and Ankle Weights

The CanDo® Adjustable Wrist and Ankle Weights with weight inserts fit snugly around the wrist or ankle. D-ring fastening system ensures a secure fit. Color-coded weights are easy to identify.



10-3331-1



10-3332-1



10-3341-1

Product Features:

- Ankle weight comes standard with a D-ring closure for a snug fit and padded interior for a comfortable fit
- The weight ships with weight inserts pre-inserted into the weight pockets. These inserts can be removed from the weight pockets to adjust the weight of the exerciser
- The weight is color-coded to identify maximum weight
- Each weight is available individually or as a pair

Item #	Description	Qty
10-3331-1	CanDo® Adjustable Cuff® Ankle Weight, Green - ten 5 pound inserts	each
10-3332-1	CanDo® Adjustable Cuff® Ankle Weight, Blue - twenty 0.5 pound inserts	each
10-3341-1	CanDo® Adjustable Cuff® Wrist Weights, Red - twenty 0.2 pound inserts	each