

PATIENT INFORMATION

Therapy Bands – A Guide

Thera-Band have been producing resistance bands for more than 25 years.



This method of resistance training has been proven to:

- **Increase strength**
- **Increase mobility**
- **Improve function**
- **Decrease pain**

Therapy bands such as those recommended by your podiatrist work to improve both strength and range of motion. They can be stretched and relaxed in a controlled motion.

Both latex and non-latex therapy bands are available – we supply non-latex bands as a small number of people will have an allergy to latex. Both offer the same degree of resistance, and longevity.

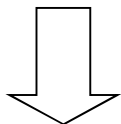
They should be examined every time before use to ensure that they are not split or deteriorating – you do not want them breaking in mid-stretch. If they show signs of wear and tear, replace them.

Similarly, misuse should be discouraged. They are not toys, and if people were to use them as such, injury could occur. They should not be stretched and released near a person's face.

The different colours denote different resistance levels. The greater the resistance, the more power needs to be applied. For this reason, you need to start at a resistance level that feels comfortable, and then as muscle power increases you can switch to the next resistance level up. If it feels too difficult to start with, switch to an easier resistance.

The order of progression of the bands is as follows:

Least resistance



Greatest resistance

**Tan
Yellow
Red
Green
Blue
Black**

Each colour represents a 25% increase in resistance over the previous band in the list

Therapy bands will last a long time if looked after carefully – avoid storing in direct sunlight and avoid exposure to temperature extremes and chlorine.

Use the bands only as demonstrated and advised by your podiatrist. If you are unsure about your technique, ask them to watch you, and ask for further advice. Thera-Band have their own instruction manual, which can be found on their website at the following address:

[http://www.thera-band.com/UserFiles/File/Resistance_Band-Tubing_Instruction_Manual\(1\).pdf](http://www.thera-band.com/UserFiles/File/Resistance_Band-Tubing_Instruction_Manual(1).pdf)

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.