



combine exercise therapy with topical pain relief in convenient kits

- for home exercise programs and individual patient use
- includes CanDo® exercise products to increase strength and range-of-motion and Point Relief® pain relieving topical analgesic to increase comfort
- designed to target specific areas

Be Better® general rehab & pain relief kits



light kit

light kit includes

- 4' yellow & red CanDo® bands, 10-5161
- 2 oz ColdSpot™ spray

moderate kit includes

- 4' red & green CanDo® bands, 10-5162
- 2 oz ColdSpot™ spray

Be Better® shoulder rehab & pain kits



shoulder kit 1

shoulder kit 1 includes

- 4' yellow CanDo® band, 10-5160
- CanDo® shoulder pulley, 2 oz ColdSpot™ spray

shoulder kit 2 includes

- 4' red tubing w/ handles, door anchor, 10-5166
- 3 oz ColdSpot™ roll-on

Be Better® targeted rehab kits



lower body kit

lower back kit includes

- 4' red tubing w/ handles, door anchor, 10-5165
- 2 oz ColdSpot™ spray

neck kit includes

- 4' red tubing w/ handles, 15" red loop, 10-5167
- door anchor, 2 oz ColdSpot™ spray

knee/hip kit includes

- 10" and 15" red loop, 3 oz ColdSpot™ roll-on 10-5168

hand/wrist kit includes

- 4' red tubing w/ handles, door anchor, 10-5169
- red Twist-n-Bend® bar, 3 oz ColdSpot™ roll-on

lower body kit includes

- 5' blue exercise tube, loop stirrup, door anchor 10-5163
- 1 pair adjustable foam handles