



exercise therapy & pain relief kit

lower body exercise guide

Cando® products offer an effective way to exercise at home or to complement your in-clinic therapy. Point Relief™ ColdSpot™ topical analgesics are ideal for fast temporary relief from minor aches. The Be Better™ kits combine these great products in one convenient and affordable package. Use ColdSpot™ analgesic spray before and after workout to help reduce minor pain and soreness.



kit (10-5163) contents:

- Cando® 6' blue tubing
- Cando® loop stirrups (10-5310)
- Cando® door anchor (10-5325)
- Cando® foam handles (10-5330)

exercise better • feel better • be betterSM

1



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Be Better™ therapy kits combine Cando® exercisers with Point Relief™ ColdSpot™ pain relievers.

Safety Precautions

Always consult your healthcare provider before beginning any exercise or therapy program. Follow the safety guidelines in this booklet while exercising. If you experience dizziness, trouble breathing, or an increase in pain, stop and contact your healthcare provider.

Precautions for Exercise Tubing, Bands and Loops

- CAUTION: Cando® exercise bands, tubing and loops contain natural rubber latex which may cause allergic reactions. *Latex-free Cando® exercise products are available separately. Please contact your local Cando® dealer for details.*

- Use caution when using elastic band products to protect your eyes and to prevent the bands from snapping back towards your face or other people.
- Use Cando® products with exercises described in this booklet or by your healthcare provider.
- Check your Cando® band, tubing or loop for nicks, tears or punctures. Discard product if any are found.

Precautions for ColdSpot™ pain relieving spray and roll-on

- Refer to ColdSpot™ product label on bottle and read carefully before use.
- Keep out of reach of children
- Do not apply to open wounds or damaged skin; avoid contact with eyes.

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2



how to use the Cando® door anchor and handle

①



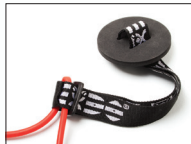
Pull the strap out from both sides of the clasp to form two loops.

②



Take the handle of the tubing or band and thread it up through one loop and down through the other.

③



Position the tubing or band as desired within the loops, then push the clasp down to secure.

④



Place the disc in the door jamb with the disc on the other side of the door; close and lock the door.

To use loop stirrup on your foot, first remove shoe then place foot through larger loop.

The following are basic flexibility and strengthening exercises. Consult your healthcare provider for the exercises and program that are right for you.

- Perform all exercises slowly.
- Flexibility and stretching exercises can be performed before and after strengthening exercises. Hold each stretch for 10-15 seconds. Perform 3-4 reps.
- Strengthening exercises during rehabilitation should be performed at a light to moderate intensity for 2-3 sets of 10 to 15 reps.

3



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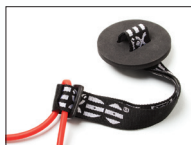
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3



Calf stretch

Leaning against a wall with feet flat on floor bend one knee towards wall keeping the other straight. Ease out of stretch; alternate bent legs to stretch both calves.

Standing hamstring stretch

Use a stool or surface that is about knee height for this exercise. Place one foot up on the stool keeping the leg straight. Slowly lean forward reaching towards your raised foot, without bending your knee. Ease out of stretch and alternate legs to stretch both hamstrings.

Standing quad stretch

Keeping back straight, grasp right foot with right hand and slowly bring heel to your buttock and hold. Use a chair or other support if needed. Ease out of stretch and alternate legs to stretch both quads.

Knee extensions

Tie tubing to small loop of stirrup then tie the tubing to back chair-leg. Put foot through large loop of stirrup. Slowly extend knee of involved leg until it is straight keeping other leg in place. Slowly return.

4



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4



Hip flexion

Secure end of tubing to door with door anchor close to ground. Tie other end of tubing around small loop of stirrup. Place foot through large end of loop stirrup. Stand with your back to the door and slowly kick your foot forward and up, without leaning your body. Slowly return.



Hip extension

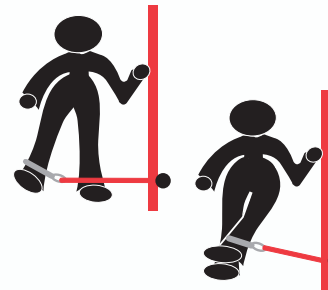
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Hamstring curls

Secure end of tubing to door with door anchor close to ground. Tie other end of tubing around small end of loop stirrup. Place foot through large end of loop stirrup. Stand facing the door and slowly bend your knee by raising your heel towards your buttock. Stabilize yourself by holding onto a secure object or wall if necessary. Slowly return.

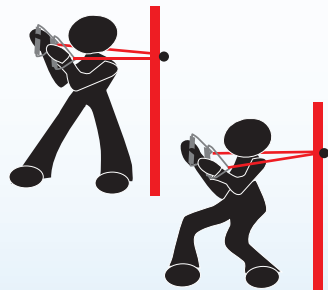
5



Hip abduction and adduction

Secure end of tubing to door with door anchor close to ground. Tie other end of tubing around small loop of stirrup. Place foot through large loop on stirrup. For abduction with the leg farthest from the door, slowly kick foot to the side away from the door. Slowly return to start position.

For hip adduction put foot closest to door through large loop. Slowly kick your foot away from the door to the side crossing your other foot. Slowly return to start position. Take care not to lean your body during these exercises.



Standing lunge

Secure middle of tubing to door with door anchor at chest level. Attach a handle near both ends. Face away from the door and grip both handles to your side at shoulder level. Slowly step forward with the involved leg, lowering yourself until your thigh is parallel to the ground. Keep your knee behind your toes. Hold and slowly step back to the starting position.

6



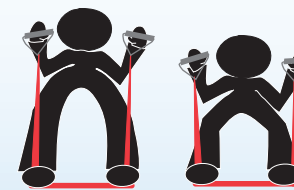
Hip internal rotation

Sit in chair with tubing around involved ankle and front chair-leg of same side. Grip sides of chair with your hands. While keeping thighs on chair, slowly rotate involved leg inward and cross over other leg. Hold and slowly return.



Hip external rotation

Sit in chair with tubing around involved ankle and front chair-leg of opposite side. Grip sides of chair with your hands. While keeping thighs on chair, slowly rotate involved leg outward and away from body. Hold and slowly return.



Standing squats

Attach a handle near both ends of tubing. Stand on mid-section of tubing gripping both handles with your palms facing forward just outside your shoulders. Slowly squat until your knees are 45 degrees (for mini-squat) or until your thighs are parallel to the floor (full squat). Make sure your knees stay behind your toes. Slowly return.

7

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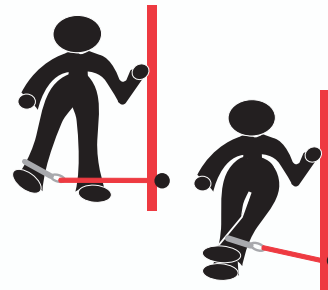
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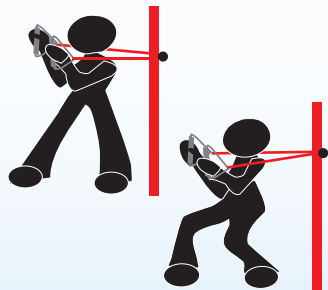
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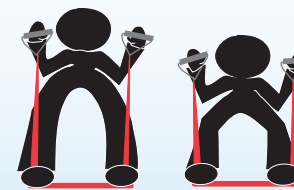
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