



exercise therapy & pain relief kit

shoulder 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 (10-5166) contents:

- Cando® 48" red tubing with handles (10-5562)
- Cando® door anchor (10-5325)
- ColdSpot™ 3 oz. roll-on (11-0720-1)

exercise better • feel better • be betterSM

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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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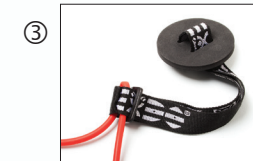
how to use the Cando® door anchor



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



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



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



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

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.

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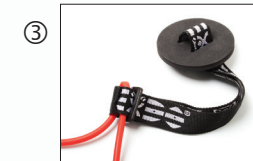
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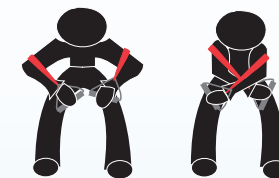
Pectoral stretch

Sit in a chair and clasp your hands together behind the chair. Slowly reach upward while keeping your elbows straight.



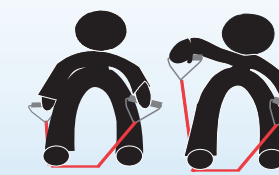
Neck stretch

Sit upright in chair with one hand on your head and the other behind your shoulder. Gently pull your head down and away from the hand behind your shoulder. Slowly return to start position.



Cross arm stretch

Wrap the tubing around your upper back and shoulders and grip both handles at your waist, elbows bent, and slightly abducted shoulders. Slowly stretch the tubing inward crossing forearms. Hold and slowly return.



Abduction

Stand on middle of tubing and position other foot shoulder width apart. Grip handle at your side palm facing forward. Keeping your elbow straight slowly lift your arm outward from your side until it reaches shoulder level. Hold and slowly return.

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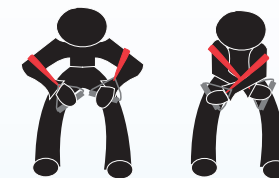
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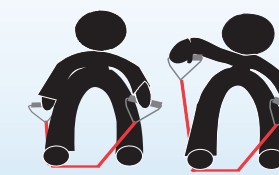
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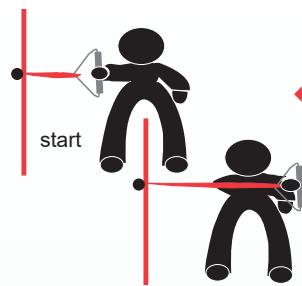
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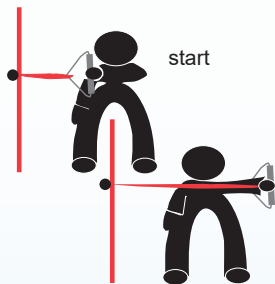


Internal rotation

Secure mid-length of tubing to door with anchor slightly above waist height. Stand perpendicular to the door. Bend your elbow nearest to the door to your side, gripping the handle. Slowly pull tubing across your body keeping your elbow by your side, wrist straight and forearm parallel to the ground. Hold and slowly return.

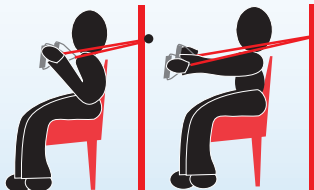
External rotation

Secure mid-length of tubing to door with anchor slightly above waist height. Stand perpendicular to the door. Bend your elbow furthest from the door to your side, position your forearm across your body, and grip the handle. Slowly pull tubing outward across your body keeping your elbow by your side, wrist straight and forearm parallel to the ground. Hold and slowly return.

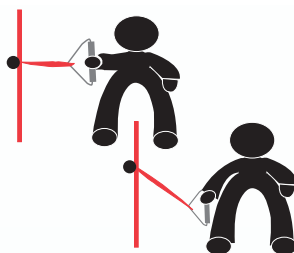


Chest press

Secure middle of tubing with door anchor to a door at shoulder level. Sitting with back to door, grip handles at shoulder level, palms forward. Extend your elbows pushing tubing forward. Hold and slowly return.

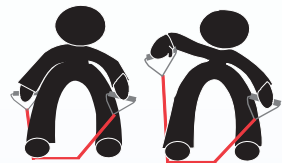


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Adduction

Secure middle of tubing to door with anchor slightly above waist height. Stand perpendicular to the door and begin with tubing held out at side. Slowly pull tubing down towards your side keeping elbows and wrist straight ending with the handle below your hip. Hold and slowly return.



Shoulder scaption

Stand on middle of tubing with one foot and the other foot shoulder width apart. Grip handle at your side below your waist. Keeping your elbow straight and palm facing forward slowly lift your arm outward and slightly forward (30 degrees) from your side until it reaches shoulder level. Hold and slowly return.



Seated row

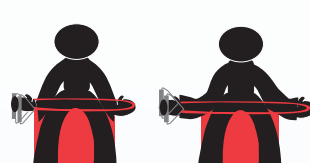
Secure middle of tubing to door with door anchor slightly above waist height when seated. Sit facing door. Grip both handles at waist level arms extended with facing palms. Slowly bend elbows and pull tubing towards your body, bringing your hands to your abdomen. Hold then slowly return to starting position.

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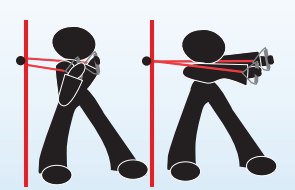
Lateral pull-down

Secure middle of tubing to door with anchor above shoulder level. Sit facing door. Grip handles at shoulder level with arms extended and palms facing out. Bend your elbows as you slowly pull tubing towards your body, bringing your hands to your shoulders. Keep head and trunk upright. Hold and slowly return to starting position.



Shoulder external rotation

Grip both handles in one hand and the middle of tubing in the other. Slowly rotate your forearms outward away from your body, keeping your elbows bent and at your side. Hold then slowly return. Keep your head and trunk upright, and wrist straight.

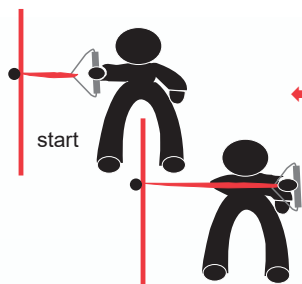


Pushing

Attach tubing to door with anchor at shoulder height. Grip handles at shoulder height with palms forward and elbows bent. Stand with back to door. Slowly push the tubing forward, extending your elbows. Hold then slowly return. Keep your trunk upright without leaning backward or extending your neck.

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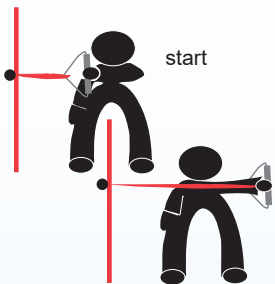


Internal rotation

Secure mid-length of tubing to door with anchor slightly above waist height. Stand perpendicular to the door. Bend your elbow nearest to the door to your side, gripping the handle. Slowly pull tubing across your body keeping your elbow by your side, wrist straight and forearm parallel to the ground. Hold and slowly return.

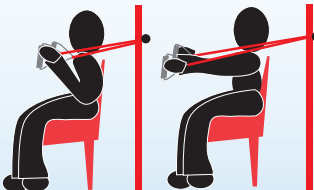
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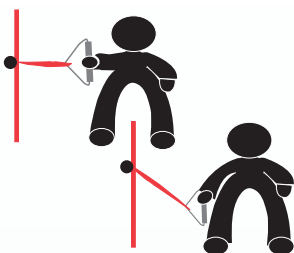


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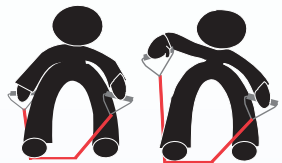


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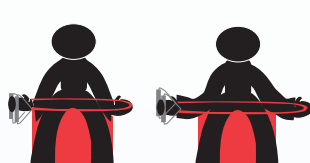
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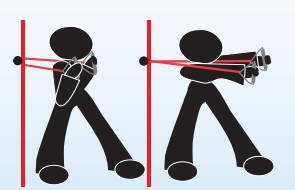
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