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exercise therapy & pain relief kit hand and wrist 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 (10-5169) contents:

- Cando® 48" red tubing with handles (10-5562)
- Cando® door anchor (10-5325)
- Cando® 12" red Twist-n-Bend™ (10-1512)
- 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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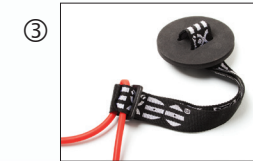
how to use the Cando® door anchor



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.

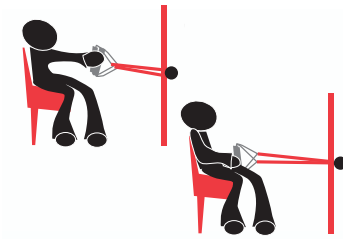
The following are basic flexibility and strengthening exercises. Consult your healthcare provider for the exercises and program that are right for you.

- 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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Seated row



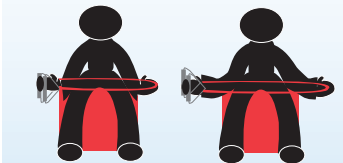
Secure middle of tubing to door with anchor slightly above waist height when seated. Sit facing door. Grip both handles at waist level arms extended facing palms. Slowly bend elbows and pull tubing towards your body, bringing your hands to your abdomen. Hold then slowly return to starting position.

Wrist extension and flexion



For the wrist extensor stretch, position the hand you are stretching in front palm down, elbow bent. Grip that hand with the other and slowly pull your wrist and fingers downward, while extending your elbow. For finger flexion assume a similar position but with palm facing up. Grip that hand with the other and slowly pull your wrist and fingers downward, while extending your elbow.

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 elbows bent and at your side. Hold then slowly return. Keep your head and trunk upright and wrist straight.

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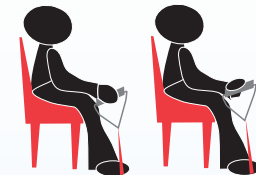
start with palm facing up



Flexion with tubing

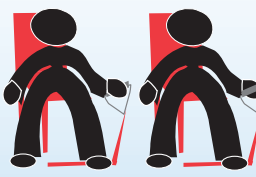
Assume seated position with the tubing under the foot of the side being exercised. Rest your forearm on your thigh and grip the handle at knee height with your palm facing up. Slowly flex your wrist upward, hold then slowly return.

start with palm facing down



Extension with tubing

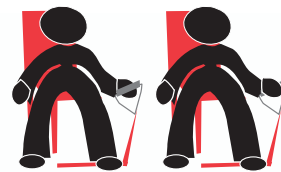
Assume seated position with the tubing under the foot of the side being exercised. Rest your forearm on your thigh and grip the handle at knee height with your palm facing down. Slowly extend your wrist upward, hold then slowly return.



Supination with tubing

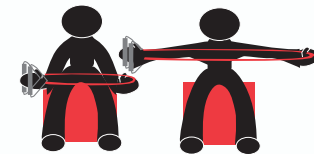
Assume seated position with the tubing under your foot of the side being exercised. Rest your forearm on your thigh and grip the handle at knee height with your palm facing down. Slowly rotate your forearm upward until your wrist faces up, hold then slowly return.

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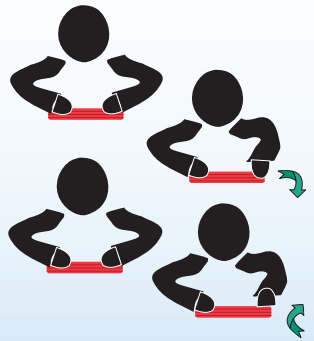
Pronation with tubing

Assume seated position with the tubing under the foot of the side being exercised. Rest your forearm on your thigh and grip the handle at knee height with your palm facing up. Slowly rotate your forearm downward until your wrist faces down, hold then slowly return.



Reverse fly with tubing

Hold both handles in one hand and the mid-length of tubing in the other hand. Start with your arms extended in front of you and gradually rotate your arms outward at shoulder level, keeping your elbows straight. Hold then slowly return.



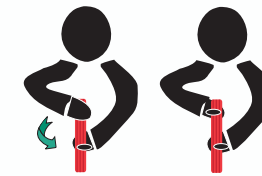
Flexion & extension with bar

Grip both ends of the Twist-n-Bend™ bar in front of you. For wrist flexion, hold one end of bar with uninvolved hand then slowly twist the other end away from you with target hand by curling wrist forward. Slowly return. For wrist extension, hold one end of bar with uninvolved hand, then slowly twist the other end towards you with target hand by rotating wrist backwards. Slowly return.

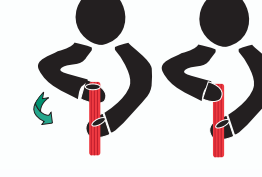
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supination



pronation



Supination & pronation w/ bar

Grip one end of Twist-n-Bend bar close to your body and the other end with palm facing up. The hand closest to your body will be your involved hand that twists the bar and the other hand will stabilize the bar. For supination, grip the end closest to your body with wrist and palm facing down. Twist bar turning palm upward. Slowly return. For pronation, grip the end closest to your body with wrist and palm facing up. Twist bar so palm turns downward. Slowly return.

Pushing and pulling

For pushing exercise: attach tubing to door with anchor at shoulder height. Standing with back to door, grip handles at shoulder height with palms forward and elbows bent. Slowly "push" tubing forward extending elbows. Slowly return. For pulling exercise: attach tubing to door with anchor at waist height. Stand facing door and grip handles with arms extended at waist height palms facing in. Bend your elbows pulling tubing toward you. For both exercises keep your trunk upright, and don't lean backward or extend your neck.

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exercise therapy & pain relief kit



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