



SPORTS HANDLE

PRODUCT INFORMATION EXERCISE SUGGESTIONS



USES AND FEATURES

- ▲ Accessory attachment for Cando® exercise bands and tubing
- ▲ 9" sports handle provides length for unilateral or bilateral grip for strengthening exercises
- ▲ Adds challenge to resistive exercise
- ▲ 3 attachment points (either end, both ends or center) for a variety of force applications

EXERCISE ROUTINE

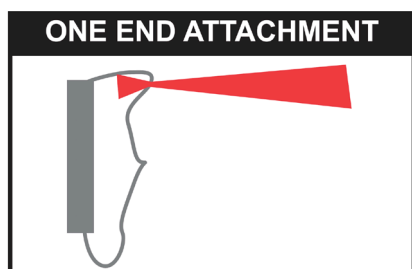
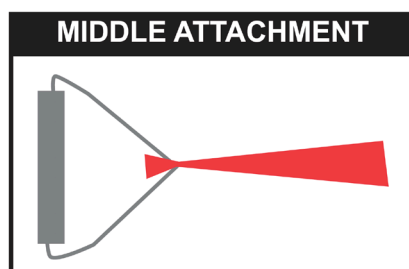
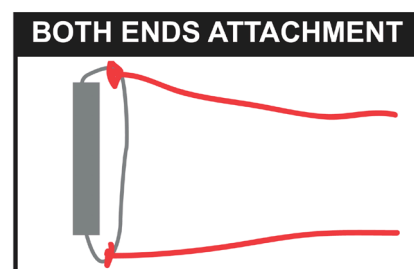
The actual exercise routine should be determined by a doctor, therapist, coach, or trainer. This exercise routine should include number of reps and sets, times per day and times per week.

DETERMINING APPROPRIATE CAN-DO® BAND AND TUBE RESISTANCES

Have your doctor or therapist select a Can-Do® band/tubing or Tube for your present stage of rehabilitation. The Can-Do® band/tubing selected should allow you to adhere to all established exercise guidelines and execute each exercise proficiently.

SPORTS HANDLE EXERCISE SUGGESTIONS

Attach CanDo® exercise band or tubing to one end, middle or both ends of Sports Handle, depending on desired workout.



Illustrations are shown with Middle Attachment

WRIST FLEXION

Start (attach Sports Handle as desired)

- Sit in chair facing away from and to the side of attachment site.
- Grasp Sports Handle with exercise hand, placing band/tubing under same side foot, bend arm and place lower arm on top of same upper leg.
- Position elbow directly below shoulder and allow hand to hang unsupported in front of upper leg with palm facing up and thumb pointing outward.
- Keep foot firmly positioned on band/tubing and allow wrist to bend back and down slightly.



Finish

- Close hand, bend wrist up and back toward upper arm with thumb continuing to face outward.
- Keep upper torso stationary with buttock and lower back in contact with chair.
- Avoid bending elbow and raising lower arm from top of upper leg.
- Slowly return to starting position.
- Modify placement of band/tubing under foot if increased resistance is desired.

SHOULDER FLEXION

Start (attach Sports Handle as desired)

- Stand, grasp Sports Handle with hand of exercise arm and face away from attachment site.
- Step on band/tubing with same side foot. Straighten arm and allow it to hang comfortably along side of body with palm of hand facing backward.
- Keep knees slightly bent and wrist firm.

Finish

- Lift arm up and directly forward in front of body until hand reaches shoulder height and end with palm of hand facing floor.
- Keep head and upper torso stationary and wrist firm.
- Avoid arching lower back and (or) lifting upper shoulder toward ear as arm is lifted upward.
- Slowly return to starting position.
- Move body further away from attachment site and modify placement of foot on band/tubing if increased resistance is desired.



WRIST EXTENSION

Start (attach Sports Handle as desired)

- Sit in chair facing away from and to the side of attachment site.
- Grasp Sports Handle with exercise hand, placing band/tubing under same side foot, bend arm and place lower arm on top of same upper leg.
- Position elbow directly below shoulder and allow hand to hang unsupported in front of upper leg with palm facing up and thumb pointing inward.
- Keep foot firmly positioned on band/tubing and allow wrist to bend down and forward in front of same side of knee.



Finish

- Close hand, bend wrist up and back toward upper arm with thumb continuing to face inward.
- Keep upper torso stationary with buttock and lower back in contact with chair.
- Avoid bending elbow and raising lower arm from top of upper leg.
- Slowly return to starting position.
- Modify placement of band/tubing under foot if increased resistance is desired.

ELBOW FLEXION

Start (attach Sports Handle as desired)

- Stand with exercise arm positioned furthest from attachment site and grasp Sports Handle.
- Step on band/tubing with same side foot straighten arm and allow it to hang comfortably along side of body with palm of hand facing side of leg.
- Keep knees slightly bent and wrist firm.



Finish

- Bend elbow and bring hand up and out in front of same side shoulder with thumb facing outward.
- Keep head stationary and wrist firm.

- Avoid moving upper arm away from side of body and (or) arching lower back as arm is bent.
- Slowly return to starting position.
- Move body further away from attachment site and modify placement of foot on band/tubing if increased resistance is required.

SHOULDER ABDUCTION

Start (attach Sports Handle as desired)

- Stand with exercise arm positioned furthest from attachment site. Grasp Sports Handle and step on band/ tubing with foot furthest from attachment site.
- Straighten exercise arm and allow it to hang comfortably along side of body with palm of hand facing body.
- Keep knees slightly bent and wrist firm.



Finish

- Lift arm up and directly out from side of body until hand reaches shoulder height and end with palm of hand facing floor.
- Keep head stationary and wrist firm.
- Avoid bending upper torso toward attachment site as arm is lifted away from side of body .
- Slowly return to starting position.
- Move body further away from attachment site and modify placement of foot on band/tubing if increased resistance is desired.

SHOULDER HORIZONTAL EXTENSION

Start (attach Sports Handle as desired)

- Stand with exercise arm positioned furthest from attachment site and grasp Sports Handle.
- Straighten exercise arm across front of body at shoulder height with hand positioned directly out in front of opposite side shoulder and palm facing backward.
- Keep knees slightly bent, arm straight and wrist firm.



Finish

- Pull arm back and across upper body at shoulders height and end with palm of hand facing forward.
- Keep head stationary and wrist firm.
- Avoid rotating upper body back and away from attachment site as arm is pulled across front of body.
- Slowly return to starting position.
- Move body further away from attachment site if increased resistance is desired.

SCAPULA ELEVATION

Start (attach Sports Handle as desired)

- Stand with exercise arm positioned closest to attachment site. Grasp Sports Handle and step on band/tubing with foot closest to attachment site.
- Straighten exercise arm and allow it to hang comfortably at side of body with palm of hand facing backward.
- Keep knees slightly bent, wrist firm and elbow locked.



Finish

- Lift and elevate arm and shoulder up toward ear.
- Keep head stationary, arm straight and avoid bending upper torso away from attachment site as shoulder is elevated.
- Slowly return to starting position.
- Modify placement of foot on band/tubing if increased resistance is desired.
- OPTION: Above exercise may be upgraded by allowing elbow to bend and perform an “upright row” movement following the “Elevation” exercise.

SHOULDER D-2 PATTERN

Start (attach Sports Handle as desired)

- Stand with exercise arm positioned furthest from, and body slightly behind attachment site.
- Grasp Sports Handle, straighten exercise arm and position hand out in front of opposite side hip with thumb facing down and back.
- Bend non-exercise arm and place hand on same hip.
- Keep knees slightly bent and wrist firm.



Finish

- Pull arm up, across and behind body in a diagonal pattern while rotating shoulder backward.
- End with band/tubing across upper chest, arm straight and thumb pointing backward.
- Keep head stationary and wrist firm.
- Avoid rotating upper torso in direction which exercise arm is moving.
- Slowly return to starting position.
- Move body further away from and behind attachment site if increased resistance is desired.

OTHER USES

HAND AND WRIST REHABILITATION

Pronation
Supination
Ulnar Deviation
Radial Deviation

FITNESS & REHABILITATION

Biceps Curl
Abdominal Crunch
Obliques
Lunge Press