CanDo® exercise tubing

Personal Exercise Chart

HOW TO HOLD YOUR CANDO® TUBING

• Make a loop and tie with a square knot
or
• Grasp end with thumb and forefinger and wrap around hand
or
• Use optional handles and anchors

DO NOT GRIP TUBING WITH FINGERNAILS

WRIST FLEXION



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Sit in chair.
- Grasp tubing with exercise hand, placing 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 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 tubing under foot if increased resistance is desired.

SHOULDER FLEXION



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Stand, grasp tubing and step on it 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 tubing if increased resistance is desired.

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EXERCISE ROUTINE

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

DETERMINING APPROPRIATE CANDO® TUBING RESISTANCES

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

WRIST EXTENSION



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Sit in chair.
- Grasp tubing with exercise hand, placing 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 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 tubing under foot if increased resistance is desired.

SHOULDER ABDUCTION



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Stand, grasp tubing and step on it with foot.
- 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 tubing if increased resistance is desired.

CAUTION

- CAUTION: This Product Contains Natural Rubber Latex Which May Cause Allergic Reactions.
- Avoid using CanDo® tubing in areas where the tubing could accidentally strike others.
- Read directions and follow exercise instructions at all times.
- Inspect the tubing before each exercise session for any nicks or tears that may occur from continued use.
- Always check to see that the tubing is securely attached before any exercise is performed.
- Never tie multiple strength tubing together!
- Avoid looking directly at tubing while performing exercises.
- Immediately consult your doctor or therapist if any discomfort is experienced while performing exercise(s).

ELBOW FLEXION



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Stand, grasp tubing with hand of exercise arm.
- Step on 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 tubing if increased resistance is required.

SHOULDER HORIZONTAL EXTENSION



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Stand with exercise arm positioned furthest from attachment site and grasp tubing.
- 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.

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optimize your workout with optional accessories


10-5334 accessory kit


10-5330 foam handle with cinch (pair)


10-5310 double loop stirrup anchor


10-5325 door disc anchor

SCAPULA ELEVATION



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Stand, grasp tubing and step on tubing with foot.
- 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 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



Repetitions _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Stand with exercise arm positioned furthest from, and body slightly behind attachment site.
- Grasp tubing, 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 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.

HIP FLEXION



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Place tubing around both legs, just above or just below knees.
- Lie on back, place hands behind head and straighten both legs.
- Keep head and shoulders on floor, tighten stomach and flatten lower back to floor.

Finish
- Tighten upper leg muscles, lock knee and lift exercise leg from floor while pulling toes back toward shin.
- Keep lower back flat against floor throughout entire exercise. (If unable to do so, bend non-exercise leg and anchor tubing around arch of foot)
- Slowly return to starting position.
- Move tubing closer to feet if increased resistance is desired.

KNEE INTERNAL ROTATION

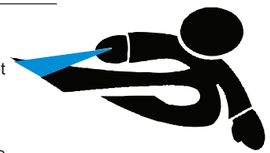


Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Place tubing around lower legs and lie on stomach.
- Keep upper legs together, bend knees and align heels directly above knees.
- Bend arms and place chin or forehead on backs of hands resting on floor.
- Place small pillow under hips if any lower back discomfort is experienced.

Finish
- Pull lower legs apart and rotate hips inward, (exercise may be performed with only one leg if desired).
- Keep head on backs of hands and avoid raising hips off floor.
- Slowly return to starting position.
- Move tubing closer to feet if increased resistance is desired.

ANKLE PLANTAR FLEXION (straight leg)



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Sit and place tubing around forefoot of exercise leg.
- Hold tubing and pull toward upper body.
- Straighten leg and allow toes to be pulled back toward lower leg.
- Keep a tight grasp on tubing throughout entire exercise.

Finish
- Point toes and push foot away from lower leg.
- Avoid bending knee while performing exercise.
- Slowly return to starting position.
- Pull tubing closer to upper body it increased resistance is desired.

HIP EXTENSION



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Place tubing around lower legs.
- Lie on stomach with hips, chest and head on top of bench or table.
- Straighten legs and place toes of both feet on floor.
- Place small pillow under hips if edge of bench or table causes any discomfort.

Finish
- Push heel away from body, pull toes toward shin and lift exercise leg upward until upper leg is parallel with floor.
- Keep legs straight and avoid raising head and chest off top of bench or table while exercising.
- Slowly return to starting position.
- Move tubing closer to feet it increased resistance is desired.

KNEE STANDING FLEXION



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Stand facing wall, place tubing around foot of non-exercise leg and around lower part of exercise leg.
- Straighten arms, place hands on wall and support upper body.
- Straighten non-exercise leg, slightly bend exercise leg, point toes and place them on floor behind body (place foot of non-exercise leg on top of elevated surface if increased range is desired).
- Stand upright and keep stomach muscles tight.

Finish
- Balance on non-exercise leg, bend exercise leg and lift heel upward toward buttocks.
- Keep upper leg stationary, avoid bending arms and arching lower back.
- Slowly return, to starting position.
- Move tubing closer to ankle of exercise leg if increased resistance is desired.

ANKLE INVERSION



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Attach tubing as shown.
- Sit, place tubing around forefoot of exercise leg with outside of foot closest to, and aligned with attachment site.
- Straighten leg, allow foot to turn outward and toes to point up and out.

Finish
- Turn foot in and up toward inside of lower leg.
- Avoid bending knee or moving leg while performing exercise.
- Slowly return to starting position.

HIP ABDUCTION



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Place tubing around both legs, just above knees.
- Lie on side with non-exercise leg closest to floor.
- Bend non-exercise leg, straighten exercise leg (top leg), turn hip inward and rest big toe on floor.
- Bend top arm and place hand on floor comfortably out in front of body.
- Straighten bottom arm over head and support head on top of upper arm.
- Roll top hip forward and align with shoulder.

Finish
- Lift exercise leg straight upward, keep toes pointing down and lead toward ceiling with heel.
- Keep exercise leg straight and avoid arching lower back.
- Slowly return to starting position.
- Move tubing down just below knees if increased resistance is desired, (no lower than 4 inches below knees)

KNEE PRONE FLEXION



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Place tubing around lower legs and lie on stomach.
- Straighten legs and point toes.
- Rest chin or forehead on floor and place hands under hips.
- Place small pillow under hips if any lower back discomfort is experienced.

Finish
- Press hips into hands and bend exercise leg.
- Keep head on floor and avoid raising hips off hands.
- Slowly return to starting position.
- Move tubing closer to feet if increased resistance is desired.

ANKLE EVERSION



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Attach tubing as shown.
- Sit, place tubing around forefoot of exercise leg with inside of foot closest to, and aligned with, attachment site.
- Straighten leg, allow foot to turn inward and toes to point up and in.

Finish
- Turn foot out and up toward outside of lower leg.
- Avoid bending knee or moving leg while performing exercise.
- Slowly return to starting position.
- Move body away from door if increased resistance is desired

HIP EXTERNAL ROTATION



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Sit on floor and place tubing around both legs just above knees.
- Bend legs until knees are just below height of chest.
- Place heels and insides of feet together.
- Straighten arms, place hands on floor just behind body.

Finish
- Keep heels together, pull knees and toes apart and rotate hips outward, (exercise may be performed with only one leg if desired).
- Keep chest high, natural arch in lower back and avoid raising buttocks off floor.
- Increase bend in knees if increased resistance is desired.

KNEE SEATED EXTENSION



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Sit on bench or chair, place tubing around foot of non-exercise leg and around lower leg of exercise leg.
- Bend knees, place feet firmly on floor with ankles together and lower legs perpendicular to floor.
- Sit upright and look straight ahead.

Finish
- Straighten exercise leg while pulling toes back toward body.
- Keep foot of non-exercise leg firmly on floor throughout entire exercise.
- Avoid lifting exercise leg off bench or chair while performing exercise.
- Slowly return to starting position.
- Place tubing around ankle of exercise leg if increased resistance is desired.

ANKLE DORSI FLEXION



Repetition _____ Sets _____
Times Per Day ____ Times Per Week _____
Comments: _____

Start
- Attach tubing as shown.
- Sit, facing attachment site, and place tubing around forefoot.
- Straighten leg and allow toes to point down and forward.
  - ❒ OPTION: Bend knee 20°-30°.

Finish
- Pull foot up and back toward lower leg.
- Avoid bending knee or raising leg off floor while performing exercise.
- Slowly return to starting position.
- Move body away from door if increased resistance is desired.

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