

Personal Exercise Chart



HOW TO HOLD YOUR CANDO® BAND

- 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 BAND WITH FINGERNAILS

EXERCISE ROUTINE

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

DETERMINING APPROPRIATE CANDO® BAND RESISTANCES

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

CAUTION

- May contain natural rubber latex which may cause allergic reactions.
- Avoid using CanDo® band in areas where the band could accidentally strike others.
- Read directions and follow exercise instructions at all times.
- Inspect the band(s) before each exercise session for any nicks or tears that may occur from continued use.
- Always check to see that the band is securely attached before any exercise is performed.
- Never tie multiple strength bands together!
- Avoid looking directly at band while performing exercises.
- Immediately consult your doctor or therapist if any discomfort is experienced while performing exercise(s).
- Do not store band in extreme heat or direct sunlight

WRIST FLEXION

Repetition _____ Sets _____

Times Per Day _____ Times Per Week _____

Comments: _____



- Sit in chair.
- Grasp band with exercise hand, placing band 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 and allow wrist to bend back and down slightly.

- 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 under foot if increased resistance is desired.

WRIST EXTENSION

Repetition _____ Sets _____

Times Per Day _____ Times Per Week _____

Comments: _____



Start

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

ELBOW FLEXION

Repetition _____ Sets _____

Times Per Day _____ Times Per Week _____

Comments: _____



- Stand, grasp band with hand of exercise arm.
- Step on band 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.

- 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 if increased resistance is required.

HIP FLEXION

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



Start

- Place band 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 band around arch of foot)
- Slowly return to starting position.
- Move band closer to feet if increased resistance is desired.

HIP ABDUCTION

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



Start

- Place band 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 band 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 band 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 band closer to feet if increased resistance is desired.

HIP EXTENSION

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



Start

- Place band 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 band closer to feet if increased resistance is desired.

HIP EXTERNAL ROTATION

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



Start

- Sit on floor and place band 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 STANDING FLEXION

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



Start

- Stand facing wall, place band 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 band closer to ankle of exercise leg if increased resistance is desired.

KNEE INTERNAL ROTATION

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



Start

- Place band around lower legs and lie on stomach.
- Keep upper legs together, bend knees and align heels 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 band closer to feet if increased resistance is desired.

SEATED KNEE EXTENSION

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



Start

- Sit on chair, place band 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.
- Avoid lifting exercise leg off chair while performing exercise.
- Slowly return to starting position.
- Place band around ankle of exercise leg if increased resistance is desired.

ANKLE INVERSION

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



Start

- Attach band as shown.
- Sit, place band 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.

ANKLE PLANTAR FLEXION (straight leg)

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



Start

- Sit and place band around forefoot of exercise leg.
- Hold band and pull toward upper body.
- Straighten leg and allow toes to be pulled back toward lower leg.
- Keep a tight grasp on band 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 band closer to upper body if increased resistance is desired.

ANKLE DORSI FLEXION

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



Start

- Attach band as shown.
 - Sit facing attachment site and place band 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.

ANKLE EVERSION

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



Start

- Attach band as shown.
- Sit, place band 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.

Optimize your workout with optional CanDo® accessories



Double loop stirrup
#105310



Foam Handles
#105330



Nub Door Anchor
#105320



Disc Door Anchor
#105325

Accessory Kit

Includes 1 pair of foam handles, 1 disc door anchor and 1 double loop stirrup.
#105334

SHOULDER FLEXION

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



Start

- Stand, grasp band 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 band if increased resistance is desired.

SHOULDER ABDUCTION

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



Start

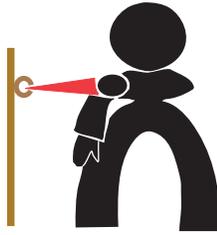
- Stand, grasp band and step on it with foot.
- Straighten exercise arm and allow it to hang comfortably along side of body with palm of hand facing body.
- Keep knees slightly bent and wrist firm.

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 band if increased resistance is desired.

SHOULDER HORIZONTAL EXTENSION

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



Start

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

SHOULDER D-2 PATTERN

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



Start

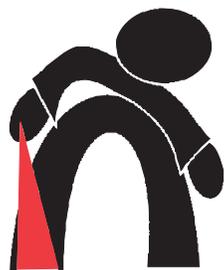
- Stand with exercise arm positioned furthest from, and body slightly behind attachment site.
- Grasp band, straighten exercise arm and position hand out in front of opposite side hip with thumb facing down and back.
- Bend non-exercise arm and place hand on same hip.
- Keep knees slightly bent and wrist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

Finish

- Pull arm up, across and behind body in a diagonal pattern while rotating shoulder backward.
- End with band 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.

SCAPULA ELEVATION

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



Start

- Stand, grasp band and step on band 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 band 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.