

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.

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.

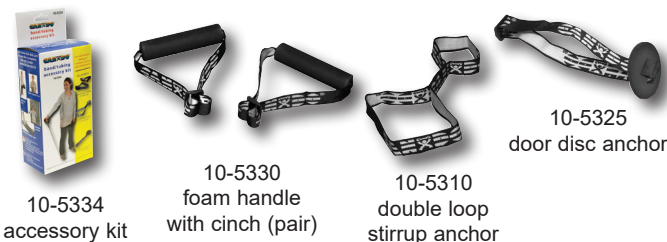


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optimize your workout with optional accessories



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:_____

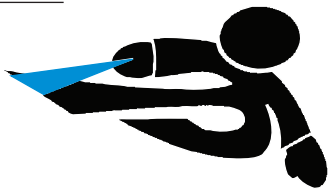


- Start**
- Place tubing around lower legs and lie on stomach.
 - Keep upper legs together, bend knees and align heels directly above knees.
 - Bend arms and place chin or forehead on backs of hands resting on floor.
 - Place small pillow under hips if any lower back discomfort is experienced.

- 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 if 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 if increased resistance is desired.

KNEE STANDING FLEXION

Repetition _____Sets _____
Times Per Day ____Times Per Week_____
Comments:_____

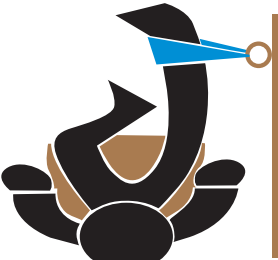


- Start**
- Stand facing wall, place tubing around foot of non-exercise leg and around lower part of exercise leg.
 - Straighten arms, place hands on wall and support upper body.
 - Straighten non-exercise leg, slightly bend exercise leg, point toes and place them on floor behind body (place foot of 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.