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exercise therapy & pain relief kit

Rehab Moderate 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 (10-5162) contents:

- Cando® 48" red and green bands (10-5202, 10-5203)
- ColdSpot™ 2 oz. spray (11-0700-1)

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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Some basic flexibility and strengthening exercises are listed in this section. 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.



Prone extension

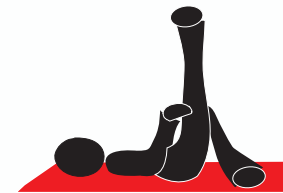
Lie on your stomach. Slowly push the palms of your hands downward to extend your elbows and arch your back. Keep your hips on the mat. Hold the stretch and slowly release.



Quadriceps stretch

Lie on stomach. On side to be stretched, bend your knee and grasp your foot. Keep your thigh on the mat while gently pulling your foot towards your head.

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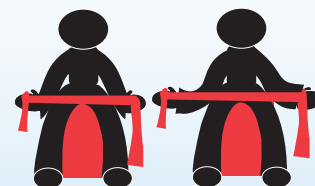
Hamstring stretch

Lie on your back with both knees bent. Grasp the back of one knee and pull towards your chest until thigh is vertical. Slowly straighten your leg that is raised. Hold the stretch.



Knee-to-chest stretch

Lie on your back. Gently pull one knee towards chest. Keep other leg in comfortable position either with knee bent or with leg extended. Hold stretch. Return to start position and repeat with other leg.



Shoulder external rotation with band

Grip end of band in one hand and the middle of the band in the other hand. Gradually rotate your forearms outward away from your body, keeping your elbows bent and at your side. Hold and slowly return. Keep your head and trunk upright and wrist straight.

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Reverse fly with band

Hold end of band in one hand and the middle of the band in the other. Start with your arms extended in front of you and gradually rotate your arms outward at shoulder level, keeping your elbows straight. Hold stretch and slowly return.

Back extension

Assume seated position on mat. Wrap middle of band around your feet. Grip both ends of band, with elbows bent and relaxed at your sides. Gradually lean backwards stretching the band. Keep lower back and knees straight, without arching your back. Hold and slowly return.

Leg press

Tie band into loop. While seated place one end of the large loop around your foot. Grab the other end of the loop with both hands, pulling your knee towards your waist. Slowly press your foot downward to straighten your leg, extending your hip and knee. Keep your back straight. Hold and slowly return. Perform exercises on both legs.

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Range of motion

Sit with back straight. Slowly move neck through three motions: up and down, left and right, side-to-side.

Lunge

Securely wrap mid-section of band around front foot. Place the other foot behind you. Hold end of band at chest level. Slowly lower your hips to the ground by bending both knees. Keep your back upright and straight. Hold and slowly return.

Pronation and Supination

Assume seated position with the middle of the band under your foot on the side being exercised. Rest your forearm on your thigh and grip band with your wrist facing up. Slowly rotate your forearm until your wrist faces down, hold, then slowly return. For supination begin with wrist and palm facing down then rotate forearm so wrist ends facing upwards.

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Cross arm stretch

Wrap the band around your upper back and shoulders holding both ends at your waist, with elbows bent and slightly abducted shoulders. Slowly stretch the band inward crossing forearms. Hold and slowly return.

Diagonal lift

Secure end of band under your foot. Assume a wide stance and grip other end of band with both hands. Starting with your arm at the knee and facing forward, lift and rotate your upper body stretching the band diagonally across your body keeping elbows straight. Continue stretch until band is above shoulder. Hold stretch then reverse the motion rotating back down.

Side bend

Stand on band at mid-length, with both feet and grip both ends of band. Lean your side towards side you are stretching. Hold and slowly return.

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See the full line of Cando® exercise products at
www.Fab-Ent.com



See the full line of Point Relief™ ColdSpot™ and
HotSpot™ topical analgesic sprays and gels at
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