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exercise therapy & pain relief kit

lower back 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 (10-5165) contents:

- Cando® 48" red tubing with handles (10-5562)
- Cando® door anchor (10-5325)
- 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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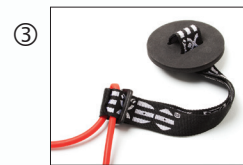
how to use the Cando® door anchor



1 Pull the strap out from both sides of the clasp to form two loops.



2 Take the handle of the tubing or band and thread it up through one loop and down through the other.



3 Position the tubing or band as desired within the loops, then push the clasp down to secure.



4 Place the disc in the door jamb with the disc on the other side of the door; close and lock the door.

The following are basic flexibility and strengthening exercises. 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.

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Inner thigh (adductor) stretch



Stand with your legs wider than shoulder width apart, with your feet flat on the ground. Shift your weight so one leg is bent and the other is extended straight. Hold stretch then return to start position. Repeat in opposite direction.

Hip flexor stretch



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

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 the 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.

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Back extension



Assume seated position on mat. Wrap tubing with handles around each foot. Grips handles, with elbows bent and relaxed at your sides. Straighten your legs. Gradually lean backwards stretching the tubing. Keep lower back and knees straight, without arching your back. Hold and slowly return.

Hip extension and abduction



Tie end of tubing around the foot of leg being exercised and step on tubing with other foot, while holding opposite handle. For standing Hip Extension exercise gradually kick your leg backwards. For Standing Hip Abduction, gradually kick your leg to the side. For both exercises keep your knee straight, back and trunk upright, without extending or rotating hips.

Side bend

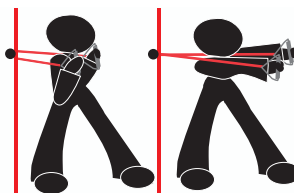


Stand on tubing at mid-length, with both feet and grip handles. Lean your side towards side you are stretching. Hold and slowly return.

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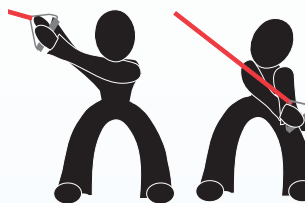


Pushing



Attach tubing to door with anchor at shoulder height. Grip handles at shoulder height with palms forward and elbows bent. Stand with back to door. Slowly push the tubing forward, extending your elbows. Hold then slowly return. Keep your trunk upright without leaning backward or extending your neck.

Diagonal chop



Secure one end of tubing to top of a door with door anchor. Assume a wide stance perpendicular to door. Grip the other end with both hands slowly pull the handle downward and across your body by rotating and bending your trunk. Keep your elbows straight. Hold and slowly return.

Abdominal crunch

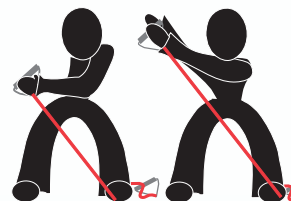


Secure tubing to door near floor level with anchor. Lie on your back with door behind your head and knees bent. Grip handles with wrist up, keep elbows straight and pull tubing away from the door as you lift trunk forward towards knees. Hold and slowly return.

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Diagonal lift



Secure end of tubing under your foot. Assume a wide stance and grip the other handle with both hands near knee. Keeping your elbows straight, slowly lift and rotate your trunk stretching tubing across your body. Hold end position with handle raised above head then slowly return.

Trunk rotation



Secure tubing to door with anchor at waist height. Sit in chair perpendicular to door. Grip the handles at chest level. Keeping your feet flat, rotate your trunk away from the door, stretching the tubing. Your shoulders and head should turn together. Hold and return. For added difficulty, this exercise can be performed while standing.

Lunge



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