



## Thera-Band® Hand Exerciser

Color	Product Code	Lbs of Force at 50% Compression
Yellow	#26020	1.5 lbs.
Red	#26030	3 lbs.
Green	#26040	5 lbs.
Blue	#26050	8 lbs.
Black	#26060	17 lbs.

Thera-Band® Hand Exercisers are specially formulated exercisers provided in a progressive sequence of five translucent colors and in two sizes. They're used for hand, finger and forearm strengthening, as well as hot and cold therapy.

The softer yellow and red models fill the gap between putty and spring devices and they're not as messy as putty. Progressive resistance in different levels of compression allow each exercise to be geared to the patient. Use the standard size hand exerciser for smaller hands and the extra large size for larger hands or for people who have limited hand mobility. Place a Hand Exerciser into the microwave or refrigerator for hot or cold use.



## Thera-Band® Exercise Bands

Latex Band Color	Product Code (6 Yard)	Product Code (50 Yard)
Yellow/Thin	#20020	#20120
Red/Medium	#20030	#20130
Green/Heavy	#20040	#20140

Thera-Band® latex Exercise Bands are available in 8 color-coded levels of resistance. Proper use of these systems for resistive exercise provides both positive and negative force on the muscles, improving strength, range of motion and cooperation of muscle groups. Color-coded progressive resistance gives at-a-glance documentation of progress from one level to the next.