

# Accelerate Patient Recovery

## Send them home with a plan



## Thera-Band® Starter Dispenser Packs

In today's evolving healthcare system, the emphasis on home-based resistive training continues to increase. It's important to understand and provide the appropriate exercise prescription for your patients to ensure compliance and maximize functional outcomes.

15 individually wrapped 5-foot latex bands in a single Thera-Band resistance level

- Each band includes a Basic Exercise Guide with 17 commonly used exercises, 6 specifically for the foot and ankle
- Box provides a reference chart of exercises for prescribing a treatment plan
- Packaged for resale to make dispensing simple and help enhance your level of treatment with professional, at-home solutions

Thera-Band Starter Dispenser Packs are available in 5 levels of progressive resistance



Thin

Medium

Heavy

Extra  
Heavy

Special  
Heavy



Resistance Bands Endorsed by:



**Thera-Band**  
Systems of Progressive Exercise

**ORDER TODAY!** Call 1-800-246-3733 for distributor information or visit [www.Thera-Band.com](http://www.Thera-Band.com)

## Starter Dispenser Packs Professional Resistance Bands

### General Description

The **Thera-Band® Starter Dispenser Pack** is a convenient way to distribute individual pre-cut Thera-Band professional resistance bands for at-home use.

Each pack contains

- 15 individually wrapped **5-foot** latex bands in a single **Thera-Band** resistance level.
- Each band includes a **Basic Exercise Guide** with 17 commonly used exercises for the foot, ankle, hip, neck, shoulder and back.
- The exercises were selected under the direction of practicing physical therapists, chiropractors and podiatrists to address the most common ailments they treat on a daily basis.
- The box features a reference chart that identifies the exercises help prescribe the proper treatment plan.

### Overview – Resistance Bands

**Thera-Band Professional Resistance Bands** are the original exercisers used by providers of rehab and fitness. The progressive resistance of Thera-Band products parallels the basic concept of building strength and mobility. As each level is mastered in a rehab or strength program, the challenge can be increased.

The light-weight, portable nature of Thera-Band professional resistance bands makes it easy to incorporate an exercise program into any lifestyle. They can be used at home, in the office, or even while traveling.

### Package Specifications

| Color (15 ea) | Level of Resistance | Part # | Single Box Wt | Packs per Case |
|---------------|---------------------|--------|---------------|----------------|
| Yellow        | Thin                | 20920  | 1.40 lbs      | 8              |
| Red           | Medium              | 20930  | 1.65 lbs      | 8              |
| Green         | Heavy               | 20940  | 2.05 lbs      | 8              |
| Blue          | Extra Heavy         | 20950  | 2.45 lbs      | 8              |
| Black         | Special Heavy       | 20960  | 3.10 lbs      | 8              |



### Features & Benefits

- **Trusted Brand** – We offer top-quality products, evidence-based protocols, education, turn-key dispensing and pain management solutions
- **Safe, Effective Home-Based Exercises:** The use of elastic resistance rather than weight-bearing exercises minimizes pressure on the joints and decreases the possibility of incurring other injuries
- **APTA Endorsed** - Thera-Band Professional Resistance Bands are the only resistance bands endorsed by the American Physical Therapy Association (APTA)
- **Packaged for Resale** – individually wrapped bands make retailing simple and help enhance clinicians' level of treatment with professional, at-home tools and treatment plans
- **Exercises and Links** - Included in each band are 17 basic exercises and a link to additional exercises at [www.Thera-BandAcademy.com](http://www.Thera-BandAcademy.com)



**Thera-Band Starter Dispenser Packs** are available in 5 levels of progressive resistance: Yellow, Red, Green, Blue and Black.