

Thera-Band® FlexBar®

Research-Proven Exercise for Tennis Elbow



Step 1: Hold bar upright with hand of involved arm, wrist extended.



Step 2: While holding bar, grasp bar as shown with the other hand.



Step 3: Twist bar by flexing non involved wrist.



Step 4: Bring arms forward with elbows extended while maintaining twist in bar.



Step 5: Bar is slowly untwisted by allowing involved wrist to move as it unwinds.

Great for athletes, guitarists, painters, fishermen, and others...

For a free demonstration video, visit:

<http://info.thera-bandacademy.com/flexbarelbow>



FlexBar® Exercises

The Thera-Band® FlexBar® is a lightweight, easy to grip, portable resistance exerciser for improving dexterity, mobility and grip strength; and for rehabilitating and strengthening hands, wrists, forearms and shoulders. Increasing diameters increase resistance for each of the four color-coded FlexBars.



ITEM #

26107 - FlexBar Yellow - Extra Light (6lbs)

26100 - FlexBar Red - Light (10lbs)

26101 - FlexBar Green - Medium (15lbs)

26102 - FlexBar Blue - Heavy (25lbs.)

Use Yellow FlexBar when beginning, then progress to Red, Green and Blue to increase resistance and challenge when needed.



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Research-Proven Effective for Tennis Elbow

A novel exercise using the Thera-Band® FlexBar® may provide an effective means of adding wrist strengthening exercise to a treatment plan for Tennis Elbow.

The study was presented at the American Orthopaedic Society for Sports Medicine's Annual Meeting in Keystone, Colorado, July 11, 2009.

Lead author Timothy Tyler of the Nicholas Institute of Sports Medicine and Athletic Trauma in New York City performed isolated wrist extensor strengthening using the FlexBar as part of a physical therapy treatment. Patients reported an 81% improvement in elbow pain and a 72% improvement in strength, while the control group showed little or no improvement.

Treatment requires no expensive equipment, no injection or topical nitric oxide which may leave side effects, making the FlexBar treatment both cost effective and ideal for home use.



Timothy Tyler, PT, ATC

Reverse Tyler Twist for Golfers Elbow

In response to the many requests for an exercise for Golfer's Elbow, Tyler invented the "Reverse Tyler Twist." The exercise uses the same Thera-Band FlexBar color progression, and emphasizes an eccentric contraction of the wrist flexors and pronators, in contrast to eccentric contraction of the wrist extensors with the Tyler Twist. "We think the Reverse Tyler Twist will have similar results for medial elbow pain, but we don't know for sure, so we're going to do a study on this exercise as well," said Tyler, a research associate with the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT). For a free demonstration video; visit:

<http://info.thera-bandacademy.com/flexbarelbowmedial>

What The Experts Are Saying

"I treat elite level tennis players and currently am a consultant to the USTA and ATP. The recent Tyler research study proves what we've seen in the clinic, that use of Thera-Band FlexBar in concert with a physical therapy treatment regimen for wrist extensor strengthening is effective in reducing pain and improving wrist and forearm strength. We use the FlexBar regularly in our clinic and for the treatment and training of elite level tennis players at tennis facilities around the world."

Todd S. Ellenbecker - DPT, MS, SCS, OCS, CSCS
Director of Sports Medicine - ATP Tour
National Director of Clinical Research - Physiotherapy Associates

National Media Coverage

New York Times
"Phys Ed: An Easy Fix for Tennis Elbow?"
Readers Digest
"An Ace Cure for Tennis Elbow"

Reuters.com
Megan Rauscher article
"Rubber Bar Exercises Help Relieve Tennis Elbow"
Physical Therapy Products
"Easy Strength Training Exercise May Help Treat Tennis Elbow"

U.S. News & World Report
"Simple Steps Deliver Relief for Tennis Elbow"

USA Today
"Simple Exercise Eases Tennis Elbow"
ABC News
"Rubber Bar Exercises Help Relieve Tennis Elbow"

UPI.com
"New Exercise May Relieve Tennis Elbow"
Telegraph.co.uk
"Twisting Exercise Can Significantly Relieve Pain Of Tennis Elbow"
healthfinder.gov
"Simple Steps Deliver Relief for Tennis Elbow"

American Orthopaedic Society for Sports Medicine
"Easy Strength Training May Help Treat Tennis Elbow, Study Shows"

What FlexBar Users Are Saying Online



This is a great exercise, and it is also very useful to the elbow pops and strains that come with playing string instruments!
-Andy

O.K. So where do I get the rubber bar? Do tell. I don't play alot of Tennis - even though my barnyard is filled with tennis balls but I do a ton of bait casting so I guess I got "fisherman's elbow" from swamp fishing.
-Consumer



This exercise worked great, on vacation I kayaked for 3 hours., within the next day or two, my old tennis elbow reappeared, it has hurt for at least one month since. After doing this exercise, last night, I am a bit shocked I do not hurt anymore, thank you very much.
-Diane