



Proven Science, Trusted Performance.

Product catalog

2022-2023





THERABAND was created over 40 years ago by two clinicians to help patients recover safely and with confidence. Since then, **THERABAND has transformed the lives of millions for the better.** That passion is in the DNA of this storied brand. As the leader and pioneer, THERABAND is the standard that others measure themselves against; we are the original.

Our exacting levels of pull-force testing and product validation— as well as our proprietary formulas, processes and Trusted Progression™ System— were born to serve clinicians and the patients they guide. Designed and engineered in the USA, today the THERABAND brand and its portfolio lead worldwide.

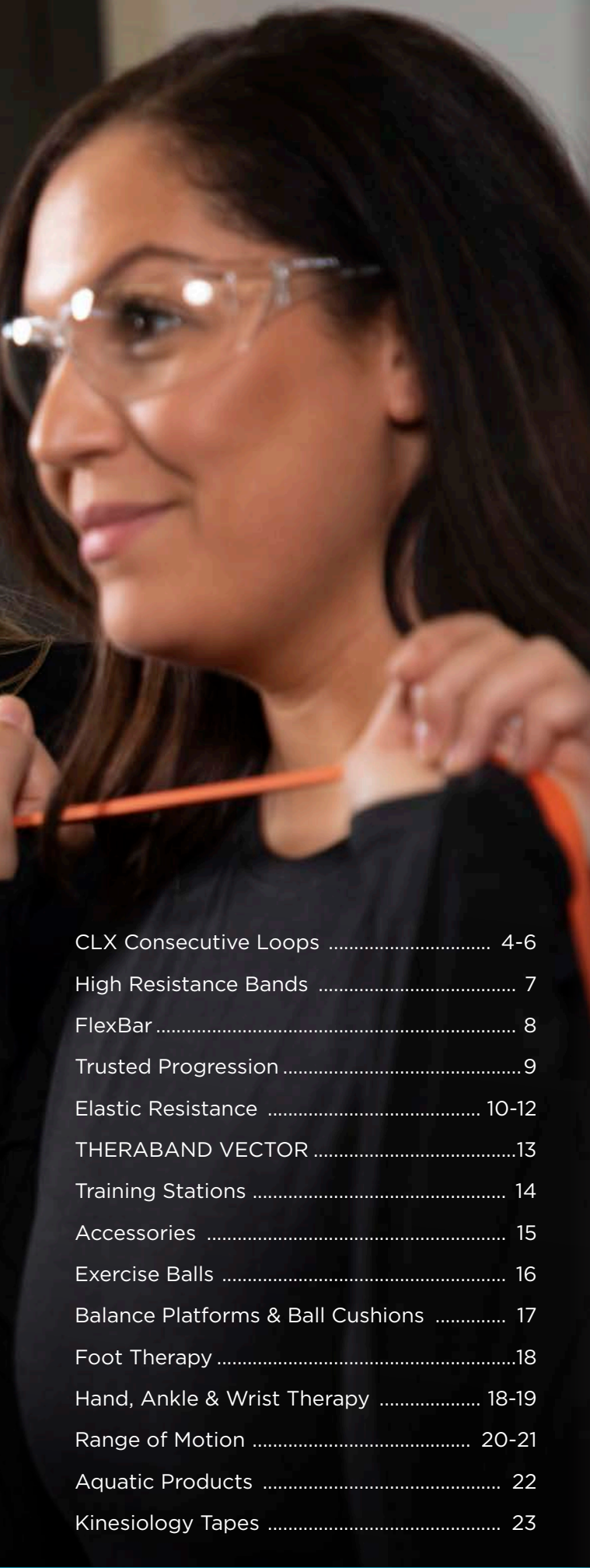
Proven Science. Trusted Performance.

THERABAND is the original, the innovator and the creator of the category.



- ✓ Created by clinicians for clinicians.
- ✓ Proven science – proprietary formulas, processes, testing.
- ✓ Trusted Progression™ System.
- ✓ Confidently ensuring safe, consistent progress in patient recovery.
- ✓ Designed and engineered in the USA.
- ✓ Transformed millions of lives over 40 years.

*2021 Maia Strategy Group brand perception analysis research



- CLX Consecutive Loops 4-6
- High Resistance Bands 7
- FlexBar 8
- Trusted Progression 9
- Elastic Resistance 10-12
- THERABAND VECTOR 13
- Training Stations 14
- Accessories 15
- Exercise Balls 16
- Balance Platforms & Ball Cushions 17
- Foot Therapy 18
- Hand, Ankle & Wrist Therapy 18-19
- Range of Motion 20-21
- Aquatic Products 22
- Kinesiology Tapes 23







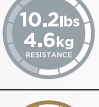








THERABAND®

Trusted Progression™ System

THERABAND is the originator and creator of the Trusted Progression System. It is far more than colors, it is an exacting color-coded system of resistance levels that are pull-force tested and validated at THERABAND manufacturing facilities to ensure band integrity. We stand alone in providing the clinician confidence to help their patients progress in their recovery.

Learn more about the Trusted Progression System on page 9.

Resistance level	Recommended exercise level/ activity/intensity
	Easy intensity Light rehab/flexibility
	
	Low intensity Medium rehab/ beginner fitness/ light conditioning
	
	Moderate intensity Intermediate rehab/ everyday fitness/ moderate conditioning & Fitness
	
	Hard intensity Advanced rehab/strength training/sports & fitness
	
	Heavy intensity Strength training/ sports rehab/ heavy fitness
	
	
	
	Variable & adjustable intensity Multiple fitness levels/ comprehensive strength training & conditioning

ONE SYSTEM TWO OPTIONS UNLIMITED POTENTIAL

We broke the norm with the revolutionary THERABAND CLX, non-latex resistance bands with built-in loops that do the work of bands, loops, and handles. Now the most trusted brand of rehab and exercise tools brings you the compact and sturdy CLX Station for your clinic, and a versatile Anchor for patient use anywhere. One system now gives you and your patients unlimited versatility to customize setups for rehab and more intense strength building exercises like never before.

 **CLX**



CLX™ Bands + CLX™ Training Station

1

Meet the new THERABAND® CLX™ Training Station

The THERABAND® CLX™ system - including a wall station, anchor, and a full range of CLX resistance bands, now provides unlimited versatility. With just one system you get unlimited potential for your clinic, training room, and at-home exercise programs.

THERABAND CLX Station

- ▶ Use the full progression of THERABAND CLX resistance levels
- ▶ 3 sturdy, adjustable anchor points for upper and lower body exercises
- ▶ 84-inch track with prescription markers for exact anchor placement, easy patient set up and charting

CLX Station Anchors (3 Included)

- ▶ Soft cradle keeps CLX in place while reducing wear and friction
- ▶ Woven design provides stable and lightweight security



CLX Wall Station*

Includes a full set of pre-cut THERABAND® CLX™, Yellow through Gold, 3 CLX™ Station Anchors, an accessory rack and a full-color poster with illustrations for patient learning.

N.Am. **Int./EU**

13465 14014 ●●●●●●●●



CLX™ Bands + CLX™ Anchor

2

Meet the new THERABAND® CLX™ Anchor

An essential accessory to any self-managed exercise or rehabilitation program, the new THERABAND CLX Anchor enables you to quickly and securely attach any THERABAND CLX to stable objects such as a door frame, fixed post, or hospital bed. The new soft cradle accommodates all THERABAND CLX color progressions, and the anchor easily transitions between wrapped or slotted configurations for maximum versatility to complete your prescribed rehabilitation or strength training regimens anytime, anyway, anywhere.



- ▶ Use it anywhere - in doors and around sturdy objects
- ▶ Mimic in-clinic exercises and increase patient compliance
- ▶ Soft cradle keeps CLX in place while reducing wear and friction
- ▶ Woven design and sturdy hook and loop provide stable and lightweight security

CLX Anchor

- Anchor attaches quickly and securely to any stable object
- Soft cradle accommodates all CLX color progressions
- Conveniently allows rehabilitation and strength-building exercises to continue
- Replicate full range of clinic exercises and movements almost anywhere
- Lightweight & portable

N.Am. **Int./EU**

12910 14013 ●●●●●●●●

Not all products available in all markets.

CONSECUTIVE LOOPS

Innovation = THERABAND® CLX™

- Performance Health has designed and created the next innovation of elastic resistance products, THERABAND CLX
- CLX - Consecutive Loops are Non-Latex* delivering versatility and ease of use.
- THERABAND CLX Easy Grip Loops™ completely eliminates the need to ever tie knots again.
- CLX provides multiple unique grip options and exercise possibilities like open and closed hand motions
- CLX allows for holding sport specific objects during resistance training, and even “no grip required” exercises.
- Designed, created and manufactured in Akron, Ohio USA

*Not made with natural rubber latex



VERSATILE X SIMPLE X EFFECTIVE

New design of performance

- **4 PRODUCTS IN ONE** band, loop, tubing with handles & anchor
- Durable **NON-LATEX**** construction

Easy grip loops provide multiple unique grip options

Reinforced seals



THERABAND® CLX™
CONSECUTIVE LOOPS



CLX 9 loops - Individual pre-cut in retail carton

N.Am.	Int./EU	Color/Weight
12714	12771	Yellow/Thin
12715	12772	Red/Medium
12716	12773	Green/Heavy
12717	12774	Blue/Extra Heavy
12718	12775	Black/Special Heavy
12719	12776	Silver/Super Heavy
12720	12777	Gold/Max

CLX 22 m (25 yard) Bulk roll in dispenser box

N.Am.	Int./EU	Color/Weight
12721	12778	Yellow/Thin
12722	12779	Red/Medium
12723	12780	Green/Heavy
12724	12781	Blue/Extra Heavy
12725	12782	Black/Special Heavy
12726	12783	Silver/Super Heavy
12727	12784	Gold/Max

CLX 11 loops - Individual pre-cut in retail carton

Int./EU only	Color/Weight
13219	Yellow/Thin
13220	Red/Medium
13221	Green/Heavy
13222	Blue/Extra Heavy
13223	Black/Special Heavy
13224	Silver/Super Heavy
13225	Gold/Max

Not all products available in all markets.
**Not made with natural rubber latex.

New
THERABAND®
High Resistance

Bands are designed to improve your sports performance, elevate your fitness and increase your strength. Backed by over 40 years of professional use, THERABAND continues to be the brand most trusted by clinicians, professional athletes, and everyday fitness enthusiasts.

- ▶ Made from highly durable, natural latex* rubber
- ▶ Four multiple band bundles
- ▶ Imprinted with visual resistance indicator to confirm proper stretch
- ▶ Ideal for assisted pull-ups, power lifting, Pilates, targeted stretching and toning exercises and full-body workouts
- ▶ Perfect for adding tension to common exercises like push-up and dips

(* Estimated resistance levels are based on pull forces to stretch band between 100% and 200% elongation



Retail Single Packs

<u>N.Am.</u>	<u>Int./EU</u>	
14889	15154	● Light 7 Kg-15 Lbs
14890	15155	● Medium 11 Kg-25 Lbs
14891	15156	● Heavy 16 Kg-35 Lbs
14892	15157	● XHeavy 23 Kg-50 Lbs

Band Sets

14950	Set of 4:	● 1x Light + ● 1x Medium + ● 1x Heavy + ● 1x XHeavy
14951	Set of 2:	● 1x Light + ● 1x Medium
14952	Set of 3:	● 1x Medium + ● 1x Heavy
14953	Set of 4:	● 1x Heavy + ● 1x XHeavy

VISUAL RESISTANCE INDICATOR:



HIGH RESISTANCE BANDS



XHEAVY	HEAVY	MEDIUM	LIGHT

Bands include a visual resistance indicator showing kg resistance oval turning to circle at 100% stretch. This helps improve user technique and track progression.

Not all products available in all markets.
*Caution: These products contain natural rubber latex which may cause allergic reactions.



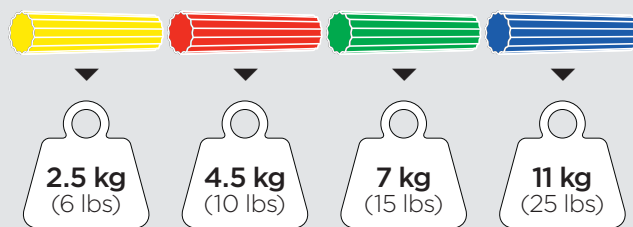
FLEXBAR®

Improve grip and forearm strength

Eliminate pain in the arm, hand and shoulder with an effective, non-surgical option to increase strength and dexterity

- ▶ Simple, effective and high-quality treatment for elbow pain and strength building
- ▶ Designed and engineered by the original, global leader in resistance products

FLEXBAR ▶ FORCE



FlexBar* (single/individually wrapped) **N.Am./Int.**

- 26107 ● Yellow/Extra Light
 - 26100 ● Red/Light
 - 26101 ● Green/Medium
 - 26102 ● Blue/Heavy
- Exercise manual included.

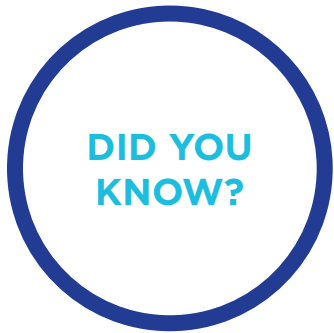
FlexBar* retail cartons **Int./EU only**

- 12344 ● Yellow/Extra Light
 - 12345 ● Red/Light
 - 12346 ● Green/Medium
 - 12347 ● Blue/Heavy
- Includes multi-lingual instructional insert.

*This product contains dry natural rubber.









Not all products available in all markets.

TRUSTED PROGRESSION™ SYSTEM



Elastic resistance force and torque


Elastic resistance is a unique type of resistance training compared to other traditional forms, such as isotonic or isokinetic resistances. **The resistance provided by elastic bands or tubing is based on the amount that the band or tubing is stretched.** This resistance can be measured in pounds/kilograms of force depending on the percentage the band or tubing is stretched from its resting length; this is known as force-elongation.

Color		Resistance at 100% elongation	Resistance increase
	Max	14.2 lbs 6.5 kg	40%
	Super heavy	10.2 lbs 4.6 kg	40%
	Special heavy	7.3 lbs 3.3 kg	25%
	Extra heavy	5.8 lbs 2.6 kg	25%
	Heavy	4.6 lbs 2.1 kg	25%
	Medium	3.7 lbs 1.7 kg	25%
	Thin	3 lbs 1.3 kg	25%
	Extra thin	2.4 lbs 1.1 kg	—

What is 100% elongation?

When a length of band is stretched to twice its original measurement, it reaches 100% elongation.

Regardless of how long the band or tubing is before it's stretched, the force produced at its stretched length depends on the percent elongation. **For example, an initial 2-foot (60 cm) length of green band that is stretched to 4 feet (120 cm, double its resting length), is at 100% elongation.** Therefore, the resistance of the band is 4.6 pounds at that elongation. Each progressive step represents a consistent pull-force increase of 25% in the clinical range (Tan through Black) and 40% in the advanced range (Silver and Gold).

 **Patients should progress to the next-level band when 3 sets of 10-15 repetitions are achieved.** *Refer to RISE Scale study below:

Resistance intensity scale for exercise (RISE)



When using elastic resistance products, always wear eye protection.

Developed by Juan Carlos Colado, PHD, University of Valencia, Valencia, Spain
 1. Colado et al. 2012. *J Strength Cond Res.* 26 (11):3018-3024
 2. Colado et al. 2014. *J Sports Sci Med.* 13:758

PROFESSIONAL RESISTANCE BANDS*

Professional - Economical bulk rolls that facilitate cutting band length to patient requirement.

5.5 m (6 yd) dispenser box

N.Am./Int. Int./EU

20010	50010	● Tan/Extra Thin
20020	50020	● Yellow/Thin
20030	50030	● Red/Medium
20040	50040	● Green/Heavy
20050	50050	● Blue/Extra Heavy
20060	50060	● Black/Special Heavy
20070	50070	● Silver/Super Heavy
20080	50080	● Gold/Max

45.5 m (50 yd) dispenser box

N.Am./Int. Int./EU

20110	50110	● Tan/Extra Thin
20120	50120	● Yellow/Thin
20130	50130	● Red/Medium
20140	50140	● Green/Heavy
20150	50150	● Blue/Extra Heavy
20160	50160	● Black/Special Heavy
20170	50170	● Silver/Super Heavy
20180	20180	● Gold/Max



Patient Band in zippered bag - A single 2.5 m band in a convenient zippered carrying case. Includes CE Mark.

Int./EU only

12192	2.5 m	● Yellow
12193	2.5 m	● Red
12194	2.5 m	● Green
12195	2.5 m	● Blue
12196	2.5 m	● Black

Includes Multi-lingual instructional insert



Dispenser Pack - 30 individually wrapped 1.5 meter latex bands in a single color. Each band includes safety instructions and UPC code

30-pack dispenser of 1.5 m (5 ft) bands

N.Am./Int.

20520	● Yellow/Thin
20530	● Red/Medium
20540	● Green/Heavy
20550	● Blue/Extra Heavy
20560	● Black/Special Heavy



Starter Dispenser Pack - 15 individually wrapped 1.5 meter latex bands in a single color. Each band includes an insert with link to 17 commonly used exercises for the foot, ankle, hip, neck, shoulder and back.

15-pack Dispenser of 1.5 m (5 ft) Bands

N.Am./Int. Int./EU

20920	11878	● Yellow/Thin
20930	11879	● Red/Medium
20940	11880	● Green/Heavy
20950	11881	● Blue/Extra Heavy
20960	11882	● Black/Special Heavy

Includes Multi-lingual instructional insert



Multi-Band Patient Packs - Attractively retail packaged, these packs are ideal for home dispensing where patient progression through rehab is prescribed. Each band is 1.5 meter (5 foot) long.

20403	Beginner	● Yellow	● Red	● Green
20413	Advanced	● Blue	● Black	

Not all products available in all markets.

*Caution: These products contain natural rubber latex which may cause allergic reactions.



See page 3 for Trusted Progression™ System resistance levels

BAND LOOPS*

Professional Resistance Band Loops - Continuous loop elastic bands in the THERABAND® recognized color progression. They can be used for a variety of applications, particularly lower body exercises to increase strength and balance. Band Loops are individually poly-bagged. Each loop includes safety instructions.

20 cm (8") lay flat length		30.5 cm (12") lay flat length		45.5 cm (18") lay flat length	
20810	● Yellow/Thin	20811	● Yellow/Thin	20812	● Yellow/Thin
20820	● Red/Medium	20821	● Red/Medium	20822	● Red/Medium
20830	● Green/Heavy	20831	● Green/Heavy	20832	● Green/Heavy
20840	● Blue/Extra Heavy	20841	● Blue/Extra Heavy	20842	● Blue/Extra Heavy

Band Loop resistance is aligned with the resistance level of a regular band tied into a loop.
 *Caution: These products contain natural rubber latex which may cause allergic reactions.



NON-LATEX** ELASTIC RESISTANCE

Non-latex** - identical performance to latex

- Many patients who react to certain proteins found in natural rubber latex must avoid latex bands.
- Unfortunately, most non-latex* elastic resistance bands do not offer the same performance as latex bands without the potential for causing a latex allergy reaction.
- THERABAND® Non-Latex* Professional Resistance Bands provide the same quality and trusted resistance progression of our natural latex bands ... they stretch like latex!
- THERABAND® Non-Latex* bands do not have a scent, powder or proteins.
- THERABAND® Non-Latex* Professional Resistance Bands match the pull forces of our latex bands, and they follow the THERABAND® color-coded System of Progressive Resistance®.

Non-Latex Professional Resistance Bands** - Economical bulk rolls that facilitate cutting band length to patient requirement.

22 meter (25 yd) dispenser box

N.Am./Int.	Int./EU	
20324	50324	● Yellow/Thin
20334	50334	● Red/Medium
20344	50344	● Green/Heavy
20354	50354	● Blue/Extra Heavy
20364	50364	● Black/Special Heavy
20374	50374	● Silver/Super Heavy
20384	50384	● Gold/Max

45.5 meter (50 yd) dispenser box

N.Am./Int.	Int./EU	
11726	11846	● Yellow/Thin
11727	11847	● Red/Medium
11728	11848	● Green/Heavy
11729	11849	● Blue/Extra Heavy
11730	11850	● Black/Special Heavy



Non-Latex Multi-Band Patient Packs** - Attractively retail packaged, these packs are ideal for home dispensing where a non-latex* product is needed to address an allergy/sensitivity and where patient progression through rehab is prescribed. Each band is 1.5 meter (5 foot) long.

N.Am. Int./EU

20380	11883	Beginner	● Yellow	● Red	● Green
20381	11884	Advanced	● Blue	● Black	

Includes Multi-lingual instructional insert



Not all products available in all markets.

*Caution: These products contain natural rubber latex which may cause allergic reactions. **Not made with natural rubber latex.

PROFESSIONAL RESISTANCE TUBING*

THERABAND® Professional Resistance Tubing are made of natural rubber and are ideal for upper-body exercise, rehabilitation and conditioning. Available in seven color-coded levels of resistance.

Professional Resistance Tubing - Economical bulk tubing facilitates cutting length to patient requirement.

7.5 meter (25 ft) dispenser box

N.Am./Int. Int./EU

21010	51010	● Tan/Extra Thin
21020	51020	● Yellow/Thin
21030	51030	● Red/Medium
21040	51040	● Green/Heavy
21050	51050	● Blue/Extra Heavy
21060	51060	● Black/Special Heavy
21070	51070	● Silver/Super Heavy

30.5 meter (100 ft) dispenser box

N.Am./Int. Int./EU

21110	51110	● Tan/Extra Thin
21120	51120	● Yellow/Thin
21130	51130	● Red/Medium
21140	51140	● Green/Heavy
21150	51150	● Blue/Extra Heavy
21160	51160	● Black/Special Heavy
21170	51170	● Silver/Super Heavy



Resistance Tubing - Multi-Tube Patient Packs - Attractively retail packaged, these packs are ideal for home dispensing where patient progression through rehab is prescribed. Each tube is 1.5 meter (5 foot) long.

21303	Light	● Yellow ● Red ● Green
21313	Heavy	● Blue ● Black
21304	Light	● Yellow ● Red ● Green (Canada Only)
21314	Heavy	● Blue ● Black (Canada Only)

Professional Resistance Tubing Loop with Padded Cuffs - No-slip cuffs make them ideal for sports performance enhancement and advanced injury rehabilitation. Retail packaged, instructions included.

21431	● Red	Beginner/Intermediate
21432	● Green	Intermediate
21433	● Blue	Intermediate/Advanced
21434	● Black	Advanced

Tubing with Soft Grip Handles - Provide the added convenience of attached handles for a ready-to-use solution. Retail packaged, instructions included.

21731	● Yellow/Thin	122 cm (48")
21732	● Red/Medium	122 cm (48")
21733	● Green/Heavy	122 cm (48")
21734	● Blue/Extra Heavy	122 cm (48")
21735	● Black/Special Heavy	127 cm (50")
21736	● Silver/Super Heavy	127 cm (50")



Not all products available in all markets.

*Caution: These products contain natural rubber latex which may cause allergic reactions.



See page 3 for Trusted Progression™ System resistance levels

Tubing with Soft Grip Handles - Provide the added convenience of attached handles for a ready-to-use solution. Bulk packaged, instructions included.

21721	● Yellow/Thin	122 cm (48")
21722	● Red/Medium	122 cm (48")
21723	● Green/Heavy	122 cm (48")
21724	● Blue/Extra Heavy	122 cm (48")
21725	● Black/Special Heavy	127 cm (50")
21726	● Silver/Super Heavy	127 cm (50")



Tubing with Hard PVC Handles - Provide the added convenience of attached handles for a ready-to-use solution. Bulk packaged, instructions included.

21701	● Yellow/Thin, 122 cm (48")
21702	● Red/Medium, 122 cm (48")
21703	● Green/Heavy, 122 cm (48")
21704	● Blue/Extra Heavy, 122 cm (48")
21705	● Black/Special Heavy, 127 cm (50")
21706	● Silver/Super Heavy, 127 cm (50")



THERABAND VECTOR

A next generation mobile resistance system that combines gold standard THERABAND tubing with the VECTOR dial-in resistance system.



Vector Kits

N.Am.	Int. (not available in EU)	
7102715	99969	THERABAND VECTOR intro mobile system: 1 standard size vector with accessories
7102716	99970	THERABAND VECTOR X intro mobile system: 1 extra size vector with accessories
7102717	99971	THERABAND VECTOR base mobile system: 2 standard size vectors with accessories
7102718	99972	THERABAND VECTOR X base mobile system: 1 standard and 1 extra size vectors with accessories

Vector Accessories

N.Am.	Int. (not available in EU)	
7102720	99977	Mobile tactical bag
7201017	99978	Wall/rack anchor
7201018	99979	Long strap loop handle
7201019	99980	Thigh cinch strap
7201020	99981	Long torso strap
7201021	99982	Door anchor

Not all products available in all markets.

EXERCISE STATIONS

Ultra compact and affordable options

21910 ●●●●● THERABAND® Wall Station is the first compact, total body rehabilitation system designed for in-clinic strength training.

- Features the familiar colors and resistance levels of resistance tubing. Includes 30.5 cm (12") Tubing in four progressive levels.
- Multidimensional design with three planes of movement.
- Comprehensive accessory package including Exercise Handles, Extremity Straps and Head Strap.
- Two full-color exercise posters.



21900 ●●●●● THERABAND® Professional Exercise Station combines strength, balance and flexibility exercises into one convenient system for fitness and therapy.

- Integrates with Exercise Balls and Stability Trainers.
- Includes Resistance Tubing in three progressive levels and three lengths.
- Supplied with a 91.5 cm (36") Padded Exercise Bar, two Exercise Handles, two Assist™ Straps, and a full-color poster with 24 exercises and safety instructions.
- At approximately 6.5 kilograms (14 pounds), the base is lightweight and stackable.



The color sequence links the Station to your home exercise product recommendations.

A complete accessory kit including Resistance Tubing

Two levels of Stability Trainers
● Green ● Blue

Three Pro Series SCP® Exercise Balls
● Yellow ● Green ● Red



Versatile In-Clinic Hub, Home Exercise Success

21915 ●●●●● Rehab & Wellness Station enables easy transitions between clinic visits and home exercise programs.

Station includes:

- Multi-dimensional wall mount system that provides three planes of movement with slide tracks, position indicators and one-hand lock down to enable easy patient set up, charting and documentation
- Portable base system with six connection points
- Trusted Resistance Tubing in four progressive levels and three lengths
- Three Pro Series SCP® Exercise Balls (Yellow, Green, Red)
- Two sets of Stability Trainers (Green, Blue)
- A complete accessory kit, including Waist Belt, Assist Straps (2), Head Strap, Exercise Bar, Extremity Straps (2), Exercise Handles (2)
- Four full-color exercise wall posters



Not all products available in all markets.

ACCESSORIES

Tubing accessories

Include CE mark.

22130 Door Anchor –

Used to secure bands or tubing for upper and lower body workouts. Can be secured at any point along the frame of a standard door, offering versatile anchoring options.



22010 Assist™ Strap –

Increases the range of exercises that can be performed with bands and tubing. One end loops around an extremity, while the band/tubing is attached to the other end. This allows users with poor grip strength, like victims of arthritis, to use bands and tubing in training and rehab programs.



22135 Accessories Kit (Retail Display Box) –

Includes a Door Anchor, an Assist Strap and two Exercise Handles.



22125 Sports Handle –

30.5 cm (12") long and allows for two hands to grasp the handle easily.



22120 Exercise Handles (pair of two) –

Provide an easy, secure grip for bands or tubing.



22140 Extremity Strap –

Cuff wraps around an extremity to serve as an attachment point, while the cinching mechanism is used to secure the cuff to a band or to tubing.



Training station accessories

Training station accessories are compatible with the Rehab & Wellness Station, Exercise Station, Wall Station or other exercises.

Tubing* part number by resistance level and length - set of 2

30.5 cm (12") length with connectors

- 21620 ● Yellow/Thin
- 21630 ● Red/Medium
- 21640 ● Green/Heavy
- 21650 ● Blue/Extra Heavy

45.5 cm (18") length with connectors

- 21621 ● Yellow/Thin
- 21631 ● Red/Medium
- 21641 ● Green/Heavy
- 21651 ● Blue/Extra Heavy

61 cm (24") length with connectors

- 21622 ● Yellow/Thin
- 21632 ● Red/Medium
- 21642 ● Green/Heavy
- 21652 ● Blue/Extra Heavy



22150 Padded Bar

91.5 cm (3 ft.) length with "D" ring connectors

22012 Assist™ Strap

with "D" ring connector, set of 2



22121 Exercise Handles

with "D" ring connector, set of 2



22001 Waist Belt Small/Medium 22000 Waist Belt Medium/Large



22141 Extremity Strap

with "D" ring connector, set of 2



22003 Head Strap



Not all products available in all markets.

*Caution: These products contain natural rubber latex which may cause allergic reactions.

EXERCISE BALLS

The professional slow-deflate ball

The **THERABAND® Pro Series SCP Exercise Ball** is available in five sizes for a custom fit. Each slow-deflate exercise ball comes with two plugs, an inflation adapter, a measuring tape to help insure proper inflation, and a poster detailing 24 exercises.

Individually boxed for retail N.Am./Int. EU

23015	12039	45 cm	Yellow
23025	12041	55 cm	Red
23035	12043	65 cm	Green
23045	12045	75 cm	Blue

(Silver available in bulk packaging only)

Bulk packaged in a Poly-Bag N.Am./Int. EU

23115	-	45 cm	Yellow
23125	-	55 cm	Red
23135	-	65 cm	Green
23145	-	75 cm	Blue
23155	12046	85 cm	Silver

The best standard exercise ball on the market

Standard THERABAND® Exercise Balls come with two plugs, an inflation adapter and a helpful poster illustrating 24 exercises. Five sizes of balls are offered to accommodate users' height variations.

Individually boxed for retail N.Am./Int. EU

23010	45 cm	Yellow
23020	55 cm	Red
23030	65 cm	Green
23040	75 cm	Blue

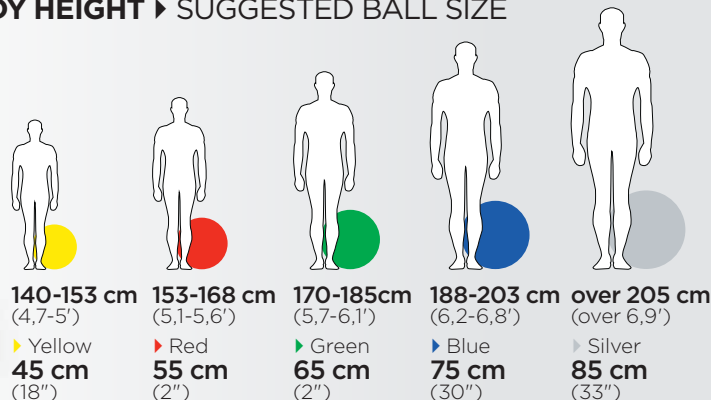
(Silver available in bulk packaging only)

Bulk packaged in a Poly-Bag N.Am./Int. EU

23110	23001	45 cm	Yellow
23120	23002	55 cm	Red
23130	23003	65 cm	Green
23140	23004	75 cm	Blue
23150	-	85 cm	Silver



BODY HEIGHT ▶ SUGGESTED BALL SIZE



ABS® Exercise Balls with anti-burst system are made from a specially formulated compound, resisting the tendency to burst when punctured and gradually deflates.

(*) ABS is a registered trademark of Togu Obermaier oHG.

Mini Ball

THERABAND® Mini Ball is soft and inflatable to support a range of varied and effective exercises designed to increase core strength in the back and abdominals. Tactile, stretchy PVC makes the yellow 23 cm (9") diameter ball responsive to the touch and non-slip when placed against a hard surface. Includes an instructional poster.

N.Am. Int./EU

23085	12305	Yellow
-------	-------	--------

Pilates Ball

The **Pilates Balls** are universal training tools of exercise in the classic pilates school. Available in three sizes, soft and easy to handle, the balls can be used for pelvic re-education or shoulder rehabilitation. The foldable ball is easy to inflate and deflate.

ABS Exercise Ball (EU only)

23011	45 cm	Yellow
23021	55 cm	Red
23031	65 cm	Green
23041	75 cm	Blue
23050	85 cm	Silver



Ø 23 cm

Pilates Balls (EU only)

24030	Ø 18cm	Red
24040	Ø 22cm	Blue
23100	Ø 26cm	Silver



Exercise Ball Accessories

23210 Power Pump - An essential tool for achieving and maintaining proper exercise ball inflation. Most clinics use hard-to-use ball pumps. This one is easy!

23230 Exercise Ball Stackers - Set of three. Simplifies storage of inflated balls.



Not all products available in all markets.

BALANCE PLATFORMS

One balance system for all patient needs

Have you seen the evidence lately about the effectiveness of balance boards and foam surfaces? Unstable surfaces are leading to unwavering results—reduced risk of sports-specific injuries, increased core strength, improved muscle reaction times, decreased risk of falls, improved gait and mobility, increased proprioception, and more. THERABAND® stability products, designed for people of all fitness levels, are the best solutions on the market for sports performance enhancement, balance training and rehabilitation. If your patients aren't receiving the benefits of sensorimotor and proprioceptive training, we have a simple, proven package to increase your breadth and effectiveness. We've put together the exercises, the products and the protocols you need. Our complete line of stability products follows the System of Trusted Progressive Exercise, enabling you to help patients advance effectively through different levels. We make effective balance training simple. balance products include both soft stability tools (Stability Trainers and Stability Disc) and rigid stability tools (Rocker Board and Wobble Board). Their durable, lightweight construction makes all of these products user-friendly, but their benefits extend much deeper than the surface. Includes CE Mark.

THERABAND® Stability Trainers are oval-shaped, color-coded pads supplied in three densities to provide a progressive system of balance training for rehab, post-rehab conditioning and fitness applications. The Green (Firm, Beginner) and Blue (Soft, Intermediate) pads are molded in closed-cell foam with a ridged surface. The Black (Extra-Soft, Advanced) PVC pad is inflated with air and has rounded points that provide tactile stimulation on one side. The Black Stability Trainer has sturdy edges that help prevent ankle-roll—a differentiator in the air-filled balance product marketplace.



THERABAND® System of Progressive Exercise



Stability Trainer N.Am./Int./EU

23305	Beginner	● Green, firm
23304	Intermediate	● Blue, soft
23307	Beginner	● Green, firm (Set of 2)
23306	Intermediate	● Blue, Soft (Set of 2)
23323	Advanced	● Black, extra-soft

THERABAND® Rocker and Wobble Boards comprise the rigid stability line and embody the higher end of the system of progressive balance training. Unlike many competitors' products, they are durable and lightweight. Made of molded plastic, the square Rocker Board and round Wobble Board also offer security and versatility in the form of an anti-slip bottom and a textured top for additional proprioceptive input.

- 23300 Rocker Board ● Black, challenging
- 23301 Wobble Board ● Black, very challenging



The **THERABAND® Stability Disc** is more challenging than the THERABAND® Stability Trainers. The 33 cm (13") diameter disc offers an unstable, sensory-stimulating surface designed to facilitate balance and proprioceptive training, as well as automatic postural reactions. The Stability Disc is also ideal for active sitting.

- 23303 Stability Disc ● Silver, Active Sitting/Advanced Sports Training

THERABAND® Dynamic Ball Cushions are usable as a balance trainer, dynamic seat cushion or universal trainings tool. The XL-Version offers various training opportunities in all body positions. Dynamic Ball Cushions offer an unstable and sensory stimulating surface designed to facilitate balance and proprioceptive training.

Dynamic Ball Cushions (Europe only)

- 21430 ● Green 33 cm without senso-knobs
- 23090 ● Green 33 cm with senso-knobs on one side
- 21440 ● Blue 36 cm without senso-knobs
- 21441 ● Blue 36 cm with senso-knobs on one side
- 21451 ● Black 50 cm big with senso-knobs on one side



Not all products available in all markets.

FOOT CARE PRODUCTS

Massage and cold therapy that fits the foot

Green, 4 cm (1.5") diameter, 1 cm (.5") center

Individually boxed for retail
Includes multi-lingual instructional insert.

N.Am. Int./EU
22300 56150

26152 green, 4 cm (1.5") diameter, 1 cm (.5") center
bulk pack of 36 each



HAND EXERCISERS & MASSAGE BALLS

Fun and easy hand strengthening tool

Individually boxed for retail in poly bags

N.Am./Int.

- 26020 ● Yellow/Extra Soft
- 26030 ● Red/Soft
- 26040 ● Green/Medium
- 26050 ● Blue/Firm
- 26060 ● Black/Extra Firm
- 26070 Assorted/6 ea. of:
● Yellow ● Red ● Green & ● Blue

(not available for EU)

USE CHILLED
OR HEATED



Hand Exercisers in retail cartons

EU only

- 12335 ● Yellow/Extra Soft
- 12336 ● Red/Soft
- 12337 ● Green/Medium
- 12338 ● Blue/Firm
- 12339 ● Black/Extra Firm

Includes multi-lingual instructional insert

Extra-large Hand Exercisers in poly bags

N.Am./Int.

- 26033 XL ● Red/Soft
- 26043 XL ● Green/Medium
- 26053 XL ● Blue/Firm
- 26063 XL ● Black/Extra Firm

(not available for EU)

Extra Large Hand Exercisers in retail cartons

EU only

- 12340 ● Red/Soft
- 12341 ● Green/Medium
- 12342 ● Blue/Firm
- 12343 ● Black/Extra Firm

Includes multi-lingual instructional insert

The Massage Balls are used for reflex zone massage, improves circulation and relaxation. The balls are delivered with needle valve for individual pressure setting.

Massage Balls (Europe Only)

- 26903 ● Orange 6 cm
- 26900 ● Green 8 cm
- 26902 ● Yellow 8 cm
- 26901 ● Red 9 cm
- 26912 ● Blue 10 cm



Not all products available in all markets.

HAND XTRAINER

The ultimate hand therapy tool

- Supports flexion and extension
- Easily cleaned between patients
- Great for home exercise

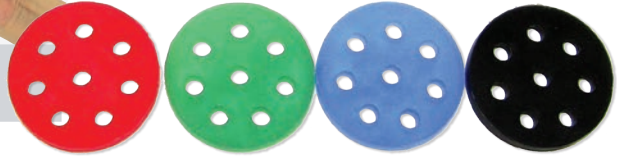
Hand Xtrainer

N.Am. Int./EU

11853	11966	● Red/Beginner
11854	11965	● Green/Intermediate
11855	11964	● Blue/Advanced
11856	11963	● Black/Advanced Sport Training
11857	-	Set/1 ea of:
		● Red/Beginner, ● Green/Intermediate
		● Blue/Advanced, ● Black/Advanced Sport Training



USE CHILLED
OR HEATED



SOFT WEIGHTS

Versatile, easy-to-grip alternative to dumbbells

Soft Weights

25811	● Tan	0.5 kg (1.1 lb)
25821	● Yellow	1.0 kg (2.2 lb)
25831	● Red	1.5 kg (3.3 lb)
25841	● Green	2.0 kg (4.4 lb)
25851	● Blue	2.5 kg (5.5 lb)
25861	● Black	3.0 kg (6.6 lb)

25801 Assorted 1 each of:
● Tan ● Yellow ● Red ● Green ● Blue ● Black



ANKLE & WRIST WEIGHTS

THERABAND® Comfort Fit Ankle & Wrist Weight Sets

- Neoprene exterior with adjustable strap and soft terrycloth interior
- Retail packaged, ideal for at-home use
- Reflective trim

25870	● Red Pair	0.45 kg (0.1 lb) each
25871	● Green Pair	0.7 kg (1.5 lb) each
25872	● Blue Pair	1.15 kg (2.5 lb) each



Not all products available in all markets.



EXERCISE MATS

THERABAND® Exercise Mats

- Made of high-density polyethylene, a lightweight non-PVC material
- Easy to clean surface feels soft to the touch
- Waterproof, wear resistant, and designed for maximum support
- Supplied with pre-drilled hanging holes and two elastic straps for easy storage
- Choose from three vibrant colors in 60 cm (24") or 102 cm (40") width, 190 cm (75") length
- Individually packed in clear zipper bag
- All mats come packed in a clear zipper bags (EU item numbers excluded).

60 x 190 x 1.5 cm (24" x 75" x .6")

N.Am./Int.	EU	
25053	25053	● Blue
25054	25054	● Green
	25055	● Red

60 x 190 x 2.5 cm (24" x 75" x 1")

N.Am./Int.	EU	
25063	25056	● Blue
25064	25057	● Green
	25058	● Red

102 x 190 x 1.5 cm (40" x 75" x .6")

N.Am./Int.	EU	
25073	25059	● Blue
25074	25060	● Green
	25061	● Red

SHOULDER PULLEY

The shoulder pulley that provides feedback

Shoulder Pulley

Retail packaged
Includes multi-lingual instructional insert.

N.Am.	Int./EU
22160	52161

27314 Shoulder Pulley - Bulk 12/cs
Bulk packaged in individual poly-bags
Includes multi-lingual instructional insert.



STRETCH STRAP

Patent-pending "comfort stretch" design increases patient range of motion

- The Stretch Strap's elastic design enables a highly effective contract-relax stretch, while the product's slight "give" supports a more comfortable static stretch.
- This functional dual purpose negates the need for static-only stretching straps.
- The Stretch Strap's numbered, multi-loop design helps users comfortably stretch their major muscle groups as well as their extremities and specific connective tissues such as the plantar fascia.

Stretch Strap, bulk pack

N.Am.	Int./EU
22300	11659



Not all products available in all markets.

PRO FOAM ROLLERS

Highly durable tissue mobilization tools

Pro Foam Rollers

- THERABAND™ Pro Foam Rollers are made of highly durable closed-cell foam to extend product life and maintain their form.
- They can be used as stand-alone devices or serve as novel tools for hands-free myofascial release, deep tissue massage and stabilization exercises.
- Pro Foam Rollers are available in the standard 6" diameter in both 36" and 12" lengths, and in a 6" half round diameter in the 36" length.

Pro Foam Rollers

N.Am. Int./EU

11744	11968	15 cm (6") Diameter, 30 cm (12") Length
11745	11969	15 cm (6") Diameter, 91 cm (36") Length
11746	11970	15 cm (6") Half Round Diameter, 91 cm (36") Length



ROLLER MASSAGERS+

Unique ridged design provides massage-like experience

Roller Massager+

- The THERABAND™ Roller Massager+ is an innovative tool for myofascial release and deep tissue massage.
- Use of the Roller Massager+ can help increase blood flow and circulation in targeted areas while helping to increase muscle flexibility and range of motion.
- The Roller Massager+ is available in a standard version plus a portable version with patent-pending retractable handles.
- They are constructed with durable latex-free** thermoplastic material for extended life and easy cleaning.

Roller Massager+

N.Am./Int. EU

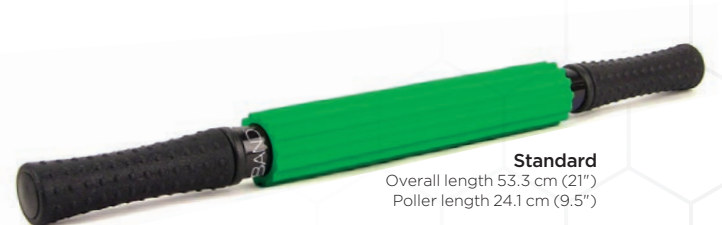
11753	12010	Green/Ridged Standard
11756	12011	Green/Ridged Portable

Portable with retractable handles



Handles in - overall length 30.5 cm (12")

Handles out for use - overall length 48.3 cm (19")



Standard

Overall length 53.3 cm (21")
Roller length 24.1 cm (9.5")

Not all products available in all markets.

**Not made with natural rubber latex.

AQUATIC PRODUCTS

For low impact rehab and swim wraining

Our line of **THERABAND® Aquatic Products** assist therapy by protecting joints and reducing stress for patients who need to exercise in the water. They can also advance the performance of competitive and recreational swimmers.



40100 Kickroller Floatation Device with Padded Grip

- Ideal resistance device for upper and lower body strengthening
- Wide padded grips provide great platforms for lower extremity balance and stabilization training



40090 Swim Bar with Padded Grip

- Buoyancy-based swim training aid is perfect for all ages
- Used for trunk stabilization, strengthening and balance
- Made of high-density buoyancy foam



40010 Closed Chain Buoyancy Disk

- Versatile device used to water walk against resistance
- Supplied with adjustable foot straps
- Great for hip, leg, and shoulder muscle range of motion and stability



Hand Bar with Padded Grip

- Essential therapy tool to strengthen and increase range of motion
 - Supplied in 3 progressive resistance levels to match user need
 - Ideal for elbow and shoulder flexion and extension
 - Supplied in pairs
- | | |
|-------|--------|
| 40050 | Light |
| 40051 | Medium |
| 40052 | Heavy |

40048 Aquafins® Aquatic Exercise Kit

- Ultimate in water resistance training for upper and lower body
- One-size-fits-all cuffs attach comfortably to wrists or ankles
- Drag resistance intensity is adjusted by rotating the fins
- Supplied in pairs with attractive mesh carrying bag
- Includes two fins plus Quick Start Instruction Card



Kickboard (Europe only)

- A swim training aid used for trunk extension, hip strengthening, toning and working the legs and lower extremities, shoulders and arms.

40120	Rigid Kickboard/Red
40121	Rigid Kickboard/Blue



Pool Noodles (Europe only)

- The 1.60m long “foam-spaghetti” offers a wide range of applications for muscle strengthening and relaxation.

40008	Pool Noodles (different colors)
-------	---------------------------------



Not all products available in all markets.

KINESIOLOGY TAPES

Innovation = THERABAND® Kinesiology Tape

- Featuring Best in Class Adhesion from Cramer® Sports Medicine
- Supports Muscles and Joints and Provides Pain Relief
- Invisible, Tasteful, and Aggressive Colors and Patterns

*Not made with natural rubber latex

- Exclusive XactStretch™ for Trusted Application Every Time
- Lasts up to 5 Days
- Hassle-Free Dispenser
- Performance Health has ALL the Research and Shares It

THERABAND® Kinesiology Tape bulk roll 5.1 cm x 31.5 m (2" x 103.3')

N.Am./Int.	EU	
12739	12922	●● Black/Black Print
12740	12923	●● Black/Gray Print
12741	12924	●● Beige/Beige Print
12742	12925	●● Blue/Blue Print

THERABAND® Kinesiology Tape precut roll (20) 5.1 cm x 25.4 cm (2" x 10") strips

N.Am./Int.	EU	
12750	12933	●● Black/Gray Print
12751	12934	●○ Black/White Print
12752	12935	●● Beige/Beige Print
12753	12936	●● Blue/Blue Print
12755	12938	●● Hot Red/Black Print

THERABAND® Kinesiology Tape standard roll 5.1 cm x 5 m (2" x 16.4')

N.Am./Int.	EU	
12743	12926	●● Black/Gray Print
12744	12927	●○ Black/White Print
12745	12928	●● Beige/Beige Print
12746	12929	●● Blue/Blue Print
12747	12930	●○ Pink/White Print
12748	12931	●● Hot Red/Black Print
12749	12932	●● Electric Green/Yellow Print

THERABAND® Kinesiology Tape standard roll 6 pack N.Am./Int. EU

12756	12939	●● Black/Black Print
12757	12940	●● Beige/Beige Print
12758	12941	●● Blue/Blue Print

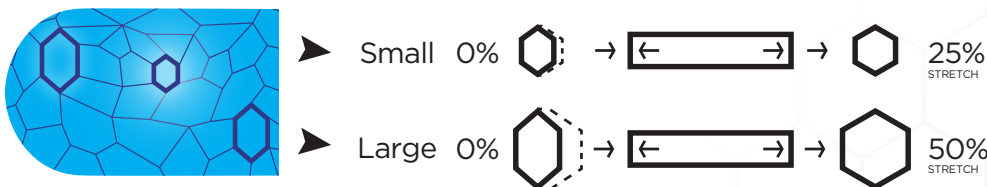


Exclusive XactStretch™ Technology

THE RIGHT STRETCH EVERY TIME.

Tape stretch indicators for perfect application every time.

XactStretch™ Indicator Guide



Not all products available in all markets.

Premium

Our premium products, relationships and experience are what the world has come to expect from the leader and originator. Our exacting quality standards, customer experience and value to the clinician and patient are uncompromised and unmatched. THERABAND is Proven Science, Trusted Performance.

Confidence

Clinicians worldwide have been trained on THERABAND and place confidence in our brand. Our scientific research conducted, rigorous product testing and dedication to the clinician ensure that, every step of the way, you can trust THERABAND.

Leader

THERABAND is the original, the innovator and the creator of the category. THERABAND continues to set the standard of excellence. Our proprietary formulas, processes, testing and Trusted Progression™ System were born from that leadership.

Proven science

THERABAND is the leader with science on its side. THERABAND has been tested, validated, studied and researched to ensure superior patient safety and recovery. We control the aspects of production, from formulation to supply chain. THERABAND products comply with FDA and EU Class I Medical Device requirements.

Transformational

THERABAND was created to improve the lives of the clinician as well as the patient. THERABAND products and our Trusted Progression™ System have positively transformed the lives of millions worldwide.



TeraBand®, CLX™, XactStretch™, FlexBar®, Pro Series SCP®, the Color Pyramid & Associated Colors are all trademarks of Performance Health and/or its subsidiaries and may be registered in the United States and other countries. ©2022 All rights reserved. Unauthorized use is strictly prohibited.

©2022 Performance Health. All rights reserved. P11719-R00



 THERABAND®

THERABAND.COM