



THERABAND Resistance Bands

A Comprehensive Clinician's Guide

WHY THERABAND

Why Should You Choose the THERABAND Brand

THERABAND OPTIONS

Choosing the Best Resistance Band for Your Patient

THERABAND FAQS

Frequently Asked Questions About THERABAND

Proven Science. Trusted Performance.

THERABAND products are backed by over 800 evidence-based research articles and references with quantifiable proven results. To learn more visit: performancehealthacademy.com.

View all the great products THERABAND has to offer





Why should you buy THERABAND brand resistance bands?



Proven Science

THERABAND products are designed and engineered in the USA and tested for safety and durability.



Trusted Performance

THERABAND products are backed by over 800 evidence-based research articles and references with quantifiable proven results. Learn more at: performancehealthacademy.com



Loved by Clinicians

“THERABAND is an excellent brand of products used daily to enhance the exercises of many clients. Without these products, I would be very limited in my ability to extend my therapeutic reach and assist others with their recovery.”
- Mark, Physical Therapist

“THERABAND has been reliable and consistent. THERABAND offers a wide range of products that aid myself and the rest of my team in meeting patient goals. Awesome quality compared to its competitors.”
- Russell, VP of Operations/PTA

- THERABAND non-latex bands have been tested in laboratory settings at over 20,000 repetitions/cycles without any breakage.*
- THERABAND latex bands have been tested in laboratory settings at over 5,000 repetitions/cycles without any breakage.*

*Based on internal testing of cycle counts stretching bands at 100% elongation until break or tear. These figures are based on laboratory testing and do not represent clinical use. Many factors in the clinical setting will impact the longevity of resistance bands (i.e., storage conditions, tying knots, abrasions, etc.).



Biocompatibility Testing

Skin/contact testing ensures a safe product for in-contact skin use.



Tear Testing

This test confirms product durability and safety by ensuring it can withstand required resistance levels without tearing during use.



Cycle Testing

Done to ensure products perform under load to a specific number of repetitions of elongation, to meet its lifespan and number of uses.



Choosing the Best Resistance Band for Your Patient...

THERABAND Flat Resistance Bands

- The original THERABAND rehabilitation product, trusted for over 40 years
- Available in latex and non-latex options from bulk bands to individual kits
- **Best for:** a wide variety of upper and lower body exercises from bicep curls to lunges

[Note: View Trusted Progression System chart on page 7](#)



THERABAND Professional Latex Resistance Bands



THERABAND Professional Non-Latex Resistance Bands



THERABAND Individual Professional Resistance Bands



THERABAND Resistance Band Beginner Kit



THERABAND Resistance Band Advanced Kit

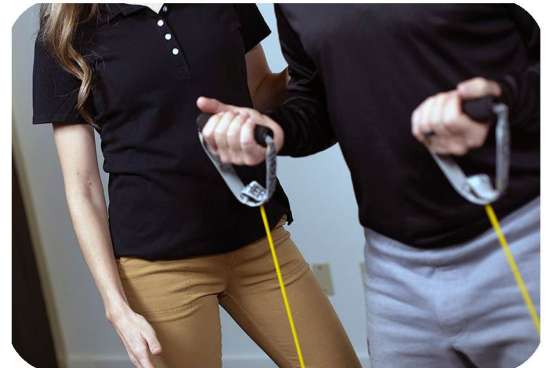


Choosing the Best Resistance Band for Your Patient...

THERABAND Resistance Tubing

- Typically, the use of bands or tubing is a matter of personal preference since they demonstrate similar properties in progressive resistance
- If you're looking for an option that comes with handles, choose THERABAND tubing rather than flat bands
- **Best for:** the same exercises as flat bands, with optional handles that provide a better grip

[Note: View Trusted Progression System chart on page 7](#)



THERABAND Professional Resistance Tubing



THERABAND Tubing with PVC Handles



THERABAND Tube with Soft Handles



THERABAND Professional Resistance Tubing Loop with Padded Cuffs



THERABAND Professional Resistance Tubing with Handles - 10 Pack



THERABAND Tubing, Active Recovery Kit - Light



Choosing the Best Resistance Band for Your Patient...

THERABAND CLX Consecutive Loop Resistance Bands

- Non-latex bands with loops that eliminate the need to tie knots
- Loops allow open and close handed grips, foot holds, and no grip required exercises
- **Best for:** full body exercises that use the upper and lower body simultaneously and sport-specific exercises that require holding objects with resistance



Note: View Trusted Progression System chart on page 7



THERABAND CLX Resistance Band with Loops



THERABAND CLX Consecutive Loops Countertop Display Kit



THERABAND CLX Anchor Clinical Retail Box

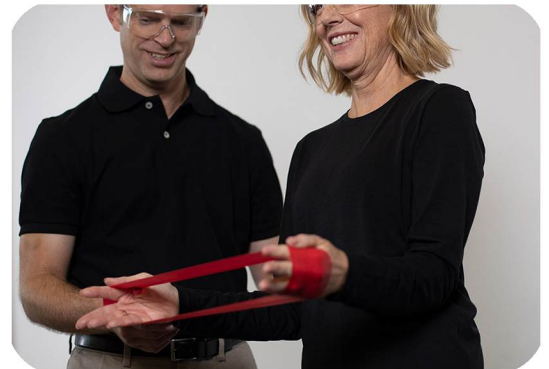


Choosing the Best Resistance Band for Your Patient...

THERABAND Loop Bands

- Single loop latex bands available in different lengths
- **Best for:** Lower body exercises like monster walks, squats, clamshells, kickbacks, and more!

Note: View Trusted Progression System chart on page 7



THERABAND Professional Resistance Band Loop

BEGINNER —————> ADVANCED



Choosing the Best Resistance Band for Your Patient...

THERABAND High Resistance Bands

- Offering a more challenging resistance, these large latex loops are ideal for athletes and patients interested in strength training
- **Best for:** Assisted pull-ups, power lifting, Pilates, targeted stretching and toning exercises and full-body workouts

Note: View Trusted Progression System chart on page 7



THERABAND High Resistance Bands

Choosing the *Right* Resistance for Your Patient...



TRUSTED PROGRESSION

The key to rehabilitation is constant progress. The THERABAND Trusted Progression System allows you to see progress as it happens. As your strength and range of motion improves, advance to the next most challenging color.

Represents typical values. All products not available in all colors.

Beginner Advanced



Advanced Expert



Wondering what resistances and packaging the different types of THERABAND come in?

See all of your resistance level options.

[Download the THERABAND Resistance Selection Guide](#)



Frequently Asked Questions About THERABAND

Should I use latex or non-latex bands with my patients?

Our non-latex (synthetic rubber) options might be best for your facility if:

- **Allergies:** If you're concerned about patients being allergic to latex or have an allergy yourself, the non-latex version prevents allergic reactions from hives to anaphylactic shock.
- **Latex-free facility:** If your hospital or clinic has a no-latex policy, non-latex bands are a perfect choice to keep your patients safe.

If the above doesn't apply, your decision comes to personal preference since both latex and non-latex bands offer the same pull force.

Shop Non-Latex Resistance Bands

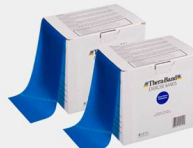


THERABAND
Non-Latex Resistance Bands



THERABAND
CLX Resistance Band

Shop Latex Resistance Bands



THERABAND
Latex Resistance Bands



THERABAND
High Resistance Bands

Are handles or loops a better choice for my patients?

- Choose handles for a comfortable padded grip, excellent for patients with arthritis or hand pain who need a little extra cushioning.
- Choose loops for greater versatility, ideal for using bands while holding objects (like a dumbbell, baseball, or even a golf club) or for hand and foot holds.

What length of THERABAND should my patients use?

It's important to make sure the band isn't too short, or you'll risk the potential for a band breaking. The pre-cut length of five feet works for most adults. In general, use a length of band equal to the limb you're exercising. The bulk rolls allow you to determine the proper length for your patient and cut the band to the perfect fit.

Frequently Asked Questions About THERABAND...continued

How do I attach an accessory to my resistance band or tubing?

Follow the image to securely loop your hand or tubing twice through the accessory strap. When using the door anchor, make sure you are standing on the correct side of the door. You should be on the side that requires you to pull the door shut. Locking the door will also help your band's security.



What safety precautions should I take when using THERABAND resistance bands?

Follow the steps above to inspect your bands before use. Bands may break if they have small tears or are stretched past 300% elongation (4 times resting length). You should remove jewelry and be aware of fingernails and other sharp objects that could cause tears. Always wear suitable eye protection during use. Before using your THERABAND product, please review all: [THERABAND Safety Guidelines](#)

What if I have more questions about THERABAND?

Find more answers in our [FAQ article](#) or ask using our [live chat](#)!

When should I replace our facility's resistance bands?

Your elastic resistance bands should last for many months before you need to replace them. Always inspect your band before use and replace it if there are any signs of wear, including cracks, small tears, or abrasions. Make sure to look closely at the attachment point, as this is where signs of use are most commonly shown. You may need to replace bands as often as every 1-2 months if they are used frequently in your clinic or exposed to extreme temperatures.

Learn More About THERABAND

- [THERABAND Proven Science, Trusted Progression](#)
- [THERABAND Resistance Selection Guide](#)
- [THERABAND CLX Exercise Videos](#)
- [THERABAND CLX Exercise Cards](#)
- [THERABAND Catalog](#)

Additional Resources

- [For Physical Therapists](#)
- [For Occupational Therapists](#)
- [Online Account Benefits](#)
- [Equipment Services & Repair Services](#)
- [View our Performance Preferred Catalog!](#)
- [View Our THERABAND Catalog](#)



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