FLEXBAR® Exerciser
INSTRUCTION MANUAL

Introduction

The Thera-Band FLEXBAR® Exerciser is a lightweight, portable exerciser. It has been designed specifically to improve grip strength and upper extremity function. The FLEXBAR Exerciser’s design also allows for many other applications, including oscillation and mobilization.

Three levels of progressive resistance and size are available:

<table>
<thead>
<tr>
<th>Color</th>
<th>Resistance</th>
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<tbody>
<tr>
<td>RED</td>
<td>10 pounds</td>
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<tr>
<td>GREEN</td>
<td>15 pounds</td>
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<tr>
<td>BLUE</td>
<td>25 pounds</td>
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Applications

- STRENGTHENING: improve grip strength and upper extremity strength
- OSCILLATION: allows oscillation movements for neuromuscular training and balance training
- MOBILIZATION: provides soft tissue mobilization and joint mobilization

Precautions

- The FLEXBAR Exerciser should be used under the supervision of a health professional. This information is not intended to diagnose any medical condition or to replace the advice of your healthcare professional. Consult with your health professional to discuss the appropriate exercise prescription.
- If you experience any pain or difficulty with these exercises, stop immediately and consult your healthcare provider.
- Always inspect the FLEXBAR Exerciser before use for damage. Replace the product if damaged.

Caution: This product contains dry natural rubber

STRENGTHENING EXERCISES

- GRIP STRENGTHENING
  Grasp bar and twist.

- WRIST FLEXION/EXTENSION STRENGTHENING
  Stabilize with one hand while rolling bar upward (extension) or downward (flexion).
STRENGTHENING EXERCISES

WRIST PRONATION STRENGTHENING
Stabilize with one hand while rotating palm downward.

WRIST SUPINATION STRENGTHENING
Stabilize with one hand while rotating palm upward.

WRIST ULNAR DEVIATION STRENGTHENING
Stabilize base of bar on table. Push wrist downward and away from body.

WRIST RADIAL DEVIATION STRENGTHENING
Stabilize base of bar on table. Pull wrist upward and toward the body.
STRENGTHENING EXERCISES

ҫ SHOULDER ABDUCTION STRENGTHENING
Grip with both hands. Move elbows upward toward ceiling.

FLEXBAR® Color _________
Perform _________
Sets _________
Repetitions _________
Time _________
Times a day _________

ҫ SHOULDER ADDUCTION STRENGTHENING
Grip with both hands. Move elbows toward body.

FLEXBAR® Color _________
Perform _________
Sets _________
Repetitions _________
Time _________
Times a day _________

ҫ THUMB ABDUCTION STRENGTHENING
Grasp bar in hand with thumb on the inside. Push bar with thumb.

FLEXBAR® Color _________
Perform _________
Sets _________
Repetitions _________
Time _________
Times a day _________

ҫ THUMB ADDUCTION STRENGTHENING
Grasp bar in hand with thumb on the outside. Push bar with thumb.

FLEXBAR® Color _________
Perform _________
Sets _________
Repetitions _________
Time _________
Times a day _________
**STRENGTHENING EXERCISES**

**THUMB FLEXION STRENGTHENING**
Grasp bar in hand with thumb on the top. Push bar with thumb.

- FLEXBAR® Color
- Perform
- Sets
- Repetitions
- Time
- Times a day

**KNEE QUAD SET/TERMINAL KNEE EXTENSION**
Place bar under knee. Tighten thigh muscle. Lift heel off table.

- FLEXBAR Color
- Perform
- Sets
- Repetitions
- Time
- Times a day

**OSCILLATION EXERCISES**

**ELBOW OSCILLATION**
Grip base of bar. Oscillate bar while keeping wrist, elbow, and shoulder steady.

- FLEXBAR® Color
- Perform
- Sets
- Repetitions
- Time
- Times a day

**SHOULDER OSCILLATION**
(STATUE OF LIBERTY)
Grip base of bar. Oscillate bar while keeping wrist, elbow, and shoulder steady.

- FLEXBAR® Color
- Perform
- Sets
- Repetitions
- Time
- Times a day
OSCILLATION EXERCISES

❖ STATUE OF LIBERTY WITH TUBING
Grip base of bar and tubing. Oscillate bar while keeping wrist, elbow, and shoulder steady.

FLEXBAR Color _________
Perform __________
Sets __________
Repetitions __________
Time __________
Times a day __________

❖ STATUE OF LIBERTY BALANCE
Grip base of bar. Stand on one leg. Oscillate bar while maintaining balance.

FLEXBAR Color _________
Perform __________
Sets __________
Repetitions __________
Time __________
Times a day __________

SOFT TISSUE MOBILIZATION

❖ HAND SOFT TISSUE MOBILIZATION
Roll palmar surface of hand over bar from wrist to fingers.

FLEXBAR Color _________
Perform __________
Sets __________
Repetitions __________
Time __________
Times a day __________

❖ CERVICAL SOFT TISSUE MOBILIZATION
Place bar underneath base of skull. Gently push head backward into bar.

FLEXBAR Color _________
Perform __________
Sets __________
Repetitions __________
Time __________
Times a day __________

❖ PLANTAR FASCIA SOFT TISSUE MOBILIZATION
Roll bar over base of foot from heel to toes.

FLEXBAR Color _________
Perform __________
Sets __________
Repetitions __________
Time __________
Times a day __________
**FINGER EXTENSION MOBILIZATION**

Place fingertips on bar. Push fingers into bar. Apply overpressure.

FLEXBAR® Color _________
Perform _________
Sets _________
Repetitions _________
Time _________
Times a day _________

**FINGER FLEXION MOBILIZATION**

Bend fingers. Place fingernails on bar. Push fingers into bar. Apply overpressure.

FLEXBAR® Color _________
Perform _________
Sets _________
Repetitions _________
Time _________
Times a day _________

**ELBOW FLEXION MOBILIZATION**

Place bar on elbow and bend elbow. Apply overpressure.

FLEXBAR® Color _________
Perform _________
Sets _________
Repetitions _________
Time _________
Times a day _________

**KNEE FLEXION MOBILIZATION**

Place bar behind knee. Bend knee and apply overpressure.

FLEXBAR® Color _________
Perform _________
Sets _________
Repetitions _________
Time _________
Times a day _________
JOINT MOBILIZATION EXERCISES

❖ KNEE EXTENSION MOBILIZATION
Place bar under upper calf. Push back of knee downward. Apply overpressure.

FLEXBAR® Color ___________
Perform ___________
Sets ___________
Repetitions ___________
Time ___________
Times a day ___________

❖ TOE EXTENSION MOBILIZATION
Place bar under toe. Keep foot flat. Push toe into bar. Apply overpressure.

FLEXBAR Color ___________
Perform ___________
Sets ___________
Repetitions ___________
Time ___________
Times a day ___________

❖ SPINE EXTENSION MOBILIZATION
Place bar under back. Gently press back into bar.

FLEXBAR Color ___________
Perform ___________
Sets ___________
Repetitions ___________
Time ___________
Times a day ___________

FLEXBAR® EXERCISE LOG

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<th>DATE</th>
<th>EXERCISE</th>
<th>SETS/REPS</th>
<th>COLOR</th>
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