





## PVC Post for attaching Thera-Band® resistance in bed

Designed By Wendy Anemaet, PhD, PT

Dr. Anemaet specializes in home health physical therapy. She has developed a device to secure Thera-Band resistance bands for exercises in bed. The PVC pipes are available at hardware stores, and available for about \$5.

 A photograph showing the components for the PVC post: four short pipes (approximately 1 foot long) and one long pipe (approximately 2 feet long), along with two elbow joints and one T-joint, all laid out on a patterned quilt.	<p>You'll need 4 pieces about 1 foot each, and 1 piece about 2 feet, as well as 2 elbow joints and a T-joint. In order to secure these pieces together, be sure to get PVC joint compound too.</p>
 A photograph showing the PVC pipes and joints laid out on a bed with a patterned quilt, illustrating the initial arrangement of the components.	<p>Lay the pieces out as shown.</p>
 A photograph showing the PVC pipes and joints attached together, forming the basic structure of the post.	<p>Using the PVC compound, attach each piece together.</p>
 A photograph showing the finished PVC post placed under the mattress of a bed, demonstrating its use for securing resistance bands.	<p>Place the finished post under the mattress.</p>

Wendy K. Anemaet, PT, PhD, is Assistant Professor at Regis University in Denver, Colorado