

Resistance Band

There are several types of Resistance Bands that are sold. Most are generally effective. At OrthoBethesda we use Thera-Bands®. Thera-Band® elastic resistance has been proven to increase strength, mobility and function, as well as reduce joint pain. Exercise programs that utilizes Thera-Band® bands rehabilitate injuries, improve the functional mobility of older adults, improve athletic performance, and aid in treating chronic diseases. Thera-Bands® are traditionally made with latex; however, they also make latex free bands. We only use latex free bands at OrthoBethesda.

Here is a chart to indicate color band to resistance level.

Thera-Band® Color	Resistance Level	Workout Level
Yellow	Thin	Beginner
Red	Medium	Beginner/Intermediate
Green	Heavy	Intermediate
Blue	Extra Heavy	Intermediate/Advanced
Black	Special Heavy	Advanced

Safety:

- Your therapist should help develop an individualized program to meet your abilities and goals.
- If you experience sharp pain, shortness of breath, dizziness or light-headedness with any of the exercises prescribed, stop immediately and contact your therapist.
- As with any exercise program, muscle soreness may be experienced over the first few days. If your pain should persist for more than 3 or 4 days, consult your therapist. Do not exercise while experiencing pain.
- Avoid exercises that involve over stretching the band that may cause it to snap toward the head and cause injury to the head or face. The band should not be stretched more than 3 times its resting length.
- Always examine the bands for small nicks, tears, or punctures that may cause the band to break. If you find any flaws, discard the band and replace it with a new band before starting exercises.
- To protect the band, keep band away from sharp objects. Remove rings from your fingers before using the bands. Be aware of long, sharp fingernails.
- Be sure the bands are securely tied or anchored before using them.

Exercise Tips:

- Include proper warm-up and cool-down activities for your home program.
- Perform all exercises in a slow and controlled manner. At no time should you feel “out of control”; remember to control the band rather than allowing it to control you. Do not allow the band to snap back.
- Avoid hyperextending or over-flexing joints when exercising. Don’t lock the joints.
- Breathe evenly while performing these exercises. Exhale during the more difficult phase of the repetition. Don’t hold your breath.
- Do not progress to the next color band until your therapist instructs you to.