

Knee Flexion (Sitting)

- Attach elastic to secure object.
- Sit in chair, attach elastic to ankle of involved leg as shown.
- Pull heel under chair through full range, as shown.
- Slowly return to starting position.

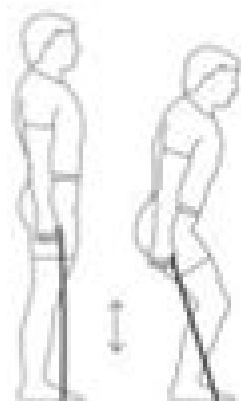


Knee Flexion (Prone)

- Attach elastic to secure object.
- Attach elastic to ankle of involved leg as shown.
- Lie face down.
- Begin with knee straight.
- Bend knee through available range.
- Slowly return to starting position.

Mini-squat

- Place elastic under feet, hold in hands and keep elbows straight.
- Stand with feet shoulder distance apart.
- Slowly bend knees to 45 degrees.
- Return to standing position.
- Slowly return to start position and repeat.



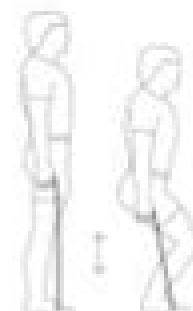
Leg Press*

- Sit in chair.
- Loop elastic around bottom of feet as shown.
- Hold elastic in both hands.
- Push leg down straightening at knee.
- Slowly return to start position and repeat.



Squat

- Stand on both legs.
- Hold elastic in both hands, elbow straight.
- Place elastic under feet.
- Bend knees to 90 degrees.
- Pull to add tension to elastic.
- Straighten knees.
- Slowly repeat.



Lunge*

- Stand with one foot on middle of band. Grasp ends of band and loop around hands at chest level, keeping elbows bent.
- Place other leg behind with knee slightly bent.
- Keep trunk straight and bend front knee, lowering body downward.
- Slowly return to upright position and repeat.



**Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.*

Thera Band Training Manual

M Tight



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