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## exercise therapy & pain relief kit

### knee and hip exercise guide

Cando® products offer an effective way to exercise at home or to complement your in-clinic therapy. Point Relief™ ColdSpot™ topical analgesics are ideal for fast temporary relief from minor aches. The Be Better™ kits combine these great products in one convenient and affordable package. Use ColdSpot™ analgesic spray before and after workout to help reduce minor pain and soreness.



#### kit (10-5168) contents:

- Cando® 10" and 15" red loops (10-5252, 10-5262)
- ColdSpot™ 3 oz. roll-on (11-0720-1)

exercise better • feel better • be better<sup>SM</sup>

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### Be Better™ therapy kits combine Cando® exercisers with Point Relief™ ColdSpot™ pain relievers.

#### Safety Precautions

Always consult your healthcare provider before beginning any exercise or therapy program. Follow the safety guidelines in this booklet while exercising. If you experience dizziness, trouble breathing, or an increase in pain, stop and contact your healthcare provider.

#### Precautions for Exercise Tubing, Bands and Loops

- CAUTION: Cando® exercise bands, tubing and loops contain natural rubber latex which may cause allergic reactions. *Latex-free Cando® exercise products are available separately. Please contact your local Cando® dealer for details.*
- Use caution when using elastic band products to protect your eyes and to prevent the bands from snapping back towards your face or other people.
- Use Cando® products with exercises described in this booklet or by your healthcare provider.
- Check your Cando® band, tubing or loop for nicks, tears or punctures. Discard product if any are found.

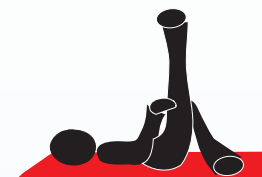
#### Precautions for ColdSpot™ pain relieving spray and roll-on

- Refer to ColdSpot™ product label on bottle and read carefully before use.
- Keep out of reach of children
- Do not apply to open wounds or damaged skin; avoid contact with eyes.

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### The following are basic flexibility and strengthening exercises. Consult your healthcare provider for the exercises and program that are right for you.

- Perform all exercises slowly.
- Flexibility and stretching exercises can be performed before and after strengthening exercises. Hold each stretch for 10-15 seconds. Perform 3-4 reps.
- Strengthening exercises during rehabilitation should be performed at a light to moderate intensity for 2-3 sets of 10 to 15 reps.



#### Hamstring stretch

Lie on your back with both knees bent. Grasp the back of one knee and pull towards your chest until thigh is vertical. Slowly straighten the leg that is raised. Hold the stretch.



#### Straight leg lift

Lie on your back with one leg straight and the other knee bent. Tighten your thigh muscles and slowly lift your straight leg until it is parallel with the other thigh. Keep your knee straight during the lift. Hold then slowly return to start position.

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#### Quad set

Lie on your back with one leg extended and one knee bent. Tighten your thigh muscle of the extended leg, pushing the back of your knee to the mat. Hold this relax then repeat.



#### Quadriceps stretch

Lie on stomach. On side to be stretched, bend your knee and grasp your foot. Keep your thigh on the mat while gently pulling your foot towards your head.



#### Inner thigh (adductor) stretch

Stand with your legs wider than shoulder width apart, with your feet flat on the ground. Shift your weight so one leg is bent and the other is extended straight. Hold stretch then return to start position.

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#### Hip flexor stretch

Lie on stomach. On side to be stretched, bend your knee and grasp your foot. Lift your thigh off the mat while pulling your foot towards your head.



#### Standing hip flexion

Put loop around your ankles. While keeping your knees straight, slowly kick one leg forward. Hold then return leg slowly to starting position. Keep back and trunk upright, and do not extend or rotate hips. You may use supports for balance and stabilization.



#### Standing hip extension

Put loop around your ankles. While keeping your knees straight, slowly kick one leg backward. Hold then return leg slowly to starting position. Keep back and trunk upright, and do not extend or rotate hips. You may use supports for balance and stabilization.

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#### Hip abduction

Put loop around your ankles. While keeping your knees straight, slowly kick one leg outward to the side. Hold and return leg slowly to starting position. Keep back and trunk upright, and do not extend or rotate hips. You may use supports for balance and stabilization.



#### Knee extension

Sit in chair with loop around both ankles. Extend lower part of involved leg until your knee is straight. Keep the opposite foot in place. Do not arch back. Hold and slowly return.



#### Leg press

While seated place one end of the loop around your foot. Grab the other end of the loop with both hands, pulling your knee towards your waist. Slowly push loop with foot away from your body until leg is straight. Keep your back straight. Hold, then slowly return.

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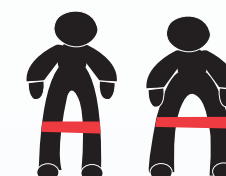
#### Side hip external rotation

Lie on your side with loop around your knees. While keeping your feet together, push bottom knee into mat while slowly lifting top knee upward against loop. Hold then slowly return.



#### Lateral walk

Place loop around your legs just above your knees. Stand with your legs shoulder width apart and knees slightly bend. Slowly step to the side, while keeping your back straight.



#### Knee lift and extend

Lie on your back with a towel rolled under your knee. Slightly flex your knee. Slowly push the back of your knee down on the towel and extend your lower leg upward until your knee is straight. Hold then slowly return.



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See the full line of Cando® exercise products at [www.Fab-Ent.com](http://www.Fab-Ent.com)



See the full line of Point Relief™ ColdSpot™ and HotSpot™ topical analgesic sprays and gels at [www.Fab-Ent.com](http://www.Fab-Ent.com)

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