



USE AND MAINTENANCE MANUAL

Tera Bands **VT TB-268 AG**



A TheraBand is a resistance band used for rehabilitation, strength training, and mobility exercises. It comes in various color-coded resistance levels, making it suitable for all age groups and fitness levels.

✓ **How to Use TheraBands**

◆ **1. Warm-Up Exercises**

- Use low-resistance TheraBands (e.g., yellow or red) to activate muscles.
- Example: Gentle shoulder or hip abductions.

◆ **2. Strength Training**

- Choose resistance based on patient strength (Yellow = Light, Blue = Heavy).
- Anchor the band securely to a stable point or hold both ends.
- Perform slow, controlled movements—e.g., bicep curls, shoulder presses, leg kicks.

◆ **3. Rehabilitation**

- Perform guided physiotherapy protocols using specific resistance and repetition ranges.
- Focus on controlled movement to avoid joint stress.
- Recommended for post-surgery or neurological rehabilitation.

◆ **4. Stretching and Mobility**

- Use for hamstring, calf, shoulder, or spine stretches.
- Wrap around foot or limb and gently pull to deepen the stretch.



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◆ 5. Functional Training

- Include in balance, core, and coordination workouts.
 - Can be used for Pilates or sports rehab drills.
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Maintenance Guidelines

◆ Cleaning

- Wipe with a damp cloth and mild soap after each session.
- Do **not** use alcohol-based disinfectants or hot water.
- Air dry completely before storing.

◆ Storage

- Store flat or loosely rolled in a cool, dry place.
- Keep away from direct sunlight, heat, or sharp objects.
- Do not stretch and hang for long periods—causes permanent deformation.

◆ Inspection & Replacement

- Check for:
 - Small tears or pinholes
 - Sticky or brittle texture
 - Loss of resistance or elasticity
 - Replace **immediately** if damaged to prevent injury.
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Safety Tips

- Always warm up before using.
 - Start with low resistance, gradually progressing.
 - Avoid wrapping tightly around limbs—may cut off circulation.
 - Anchor bands safely before applying resistance.
 - Supervise elderly or injured patients during use.
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Color Coding (Approximate Resistance)

Color Resistance Level Use Case

Yellow	Light	Beginners, elderly, post-op rehab
Red	Medium	Intermediate strength workouts
Green	Heavy	General strengthening
Blue	Extra Heavy	Advanced strength, athletes
Black	Special Heavy	High resistance rehab/training
