



# International **Product Catalog**



# Performance Health Story

Headquartered in Akron, Ohio USA, Performance Health is a leading designer, manufacturer and marketer of branded rehabilitation and wellness products sold into a variety of U.S. clinical markets, through leading national retailers and in over one hundred countries through a multi-national network of distribution partners. Our Company's product offering includes an innovative and broad range of rehabilitation and wellness products, including progressive resistance bands, tubing, exercise balls, hand exercisers, stability trainers and a number of other specialty products and market-leading topical analgesics. In addition, we formulate and manufacture a variety of highly engineered products primarily for dental and specialty healthcare applications. Performance Health markets its diverse product offering under the well-known and highly recognized TheraBand®, Biofreeze®, TheraPearl®, Cramer®, Bon Vital®, Perform®, and Hygenic® brand names.

## A trusted partner offering health & wellness solutions for a better quality of life.

Performance Health has a long history as a pioneer in the rehabilitation and wellness market, having developed innovative products that serve as benchmarks for their respective categories and setting the standard in clinical efficacy, quality and performance. Our products are the brands of choice among rehabilitation and wellness professionals and are commonly incorporated into patient care protocols.

Performance Health develops products that help people manage their pain, restore their strength and improve their overall condition and health. Our commitment to clinical professionals includes practice-building support, evidence-based protocols, clinical and product education, turn-key dispensing and pain management solutions appropriate for rehabilitation, massage, podiatric, performance and wellness practitioners. Our core brands work together to promote the four components of an active lifestyle: Flexibility, Strength, Balance and Cardio. Together, they enable a return to activity following injury, and a lifelong commitment to an active lifestyle.

As TheraBand® has grown worldwide, our facilities have expanded to better serve our global customers. Performance Health owns and operates two manufacturing facilities, located in Akron, Ohio and Ipoh, Malaysia, that manufacture all TheraBand® products. Each facility is ISO 9000:2008 certified and approved to manufacture products according to specific FDA and Quality System Regulation (QSR) guidelines. The TheraBand® products are distributed to customers around the world from Akron, Ohio USA, Tilburg, in The Netherlands and Ipoh, Malaysia to our customers in the Asia Pacific area. In addition, Performance Health business office in Zhuhai China and Customer Service in Athens, Greece and Akron, Ohio USA.

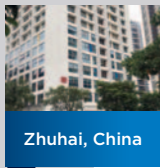


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Athens, Greece



Zhuhai, China



Ipoh, Malaysia



# CONSECUTIVE LOOPS

Innovation = TheraBand® CLX™

- Performance Health has designed and created the next innovation of elastic resistance products, TheraBand CLX™
- CLX - Consecutive Loops are Latex-Free delivering versatility and ease of use.
- TheraBand CLX Easy Grip Loops™ completely eliminates the need to ever tie knots again.
- CLX provides multiple unique grip options and exercise possibilities like open and closed hand motions
- CLX allows for holding sport specific objects during resistance training, and even “no grip required” exercises.
- Designed, created and manufactured in Akron, Ohio USA

VERSATILE X SIMPLE X EFFECTIVE

New design of performance

- 4 PRODUCTS IN ONE band, loop, tubing with handles & anchor
- Durable **LATEX FREE** construction

Easy Grip Loops provide multiple unique grip options

Reinforced Seals



**THERABAND® CLX™**  
CONSECUTIVE LOOPS



**CLX 9 loops - Individual pre-cut in retail carton**

- |       |                       |
|-------|-----------------------|
| 12771 | ● Yellow/Thin         |
| 12772 | ● Red/Medium          |
| 12773 | ● Green/Heavy         |
| 12774 | ● Blue/Extra Heavy    |
| 12775 | ● Black/Special Heavy |
| 12776 | ● Silver/Super Heavy  |
| 12777 | ● Gold/Max            |



**CLX 22m (25 yard™) Bulk roll in dispenser box**

- |       |                       |
|-------|-----------------------|
| 12778 | ● Yellow/Thin         |
| 12779 | ● Red/Medium          |
| 12780 | ● Green/Heavy         |
| 12781 | ● Blue/Extra Heavy    |
| 12782 | ● Black/Special Heavy |
| 12783 | ● Silver/Super Heavy  |
| 12784 | ● Gold/Max            |



**CLX 11 loops - Individual pre-cut in retail carton - Europe**

- |       |                       |
|-------|-----------------------|
| 13219 | ● Yellow/Thin         |
| 13220 | ● Red/Medium          |
| 13221 | ● Green/Heavy         |
| 13222 | ● Blue/Extra Heavy    |
| 13223 | ● Black/Special Heavy |
| 13224 | ● Silver/Super Heavy  |
| 13225 | ● Gold/Max            |

# KINESIOLOGY TAPES

Innovation = TheraBand® Kinesiology Tape

- Featuring Best in Class Adhesion from Cramer®
- Supports Muscles and Joints and Provides Pain Relief
- Latex Free
- Invisible, Tasteful, and Aggressive Colors and Patterns
- Exclusive XactStretch™ for Trusted Application Every Time
- Lasts up to 5 Days
- Hassle-Free Dispenser
- Performance Health has ALL the Research and Share It

## TheraBand® Kinesiology Tape bulk roll 5.1 cm x 31.5 cm (2" x 103.3')

	EU item	
12739	12922	●● Black/Black Print
12740	12923	●● Black/Gray Print
12741	12924	●● Beige/Beige Print
12742	12925	●● Blue/Blue Print

## TheraBand® Kinesiology Tape precut roll (20) 5.1 cm x 25.4 cm (2" x 10") strips

	EU item	
12750	12933	●● Black/Gray Print
12751	12934	●● Black/White Print
12752	12935	●● Beige/Beige Print
12753	12936	●● Blue/Blue Print
12754	12937	●● Pink/White Print
12755	12938	●● Hot Red/Black Print

## TheraBand® Kinesiology Tape standard roll 5.1 cm x 5 m (2" x 16.4')

	EU item	
12743	12926	●● Black/Gray Print
12744	12927	●● Black/White Print
12745	12928	●● Beige/Beige Print
12746	12929	●● Blue/Blue Print
12747	12930	●● Pink/White Print
12748	12931	●● Hot Red/Black Print
12749	12932	●● Electric Green/Yellow Print

## TheraBand® Kinesiology Tape standard roll 6 pack

	EU item	
12756	12939	●● Black/Black Print
12757	12940	●● Beige/Beige Print
12758	12941	●● Blue/Blue Print

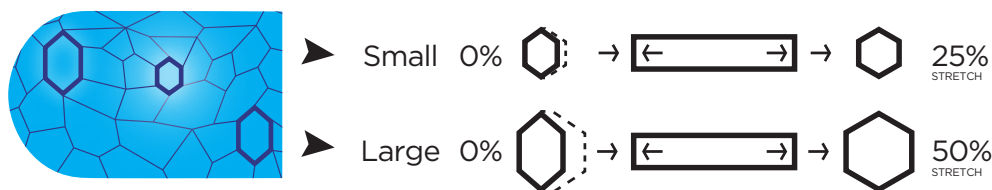


**THE RIGHT STRETCH  
EVERY TIME.**

## Exclusive XactStretch™ Technology

Tape stretch indicators for perfect application every time.

XactStretch™ Indicator Guide





# PROFESSIONAL RESISTANCE BANDS

**Professional** - Economical bulk rolls that facilitate cutting band length to patient requirement.

## 5.5 m (6 yd) Dispenser box

	EU item	
20010	50010	● Tan/Extra Thin
20020	50020	● Yellow/Thin
20030	50030	● Red/Medium
20040	50040	● Green/Heavy
20050	50050	● Blue/Extra Heavy
20060	50060	● Black/Special Heavy
20070	50070	● Silver/Super Heavy
20080	50080	● Gold/Max

## 45.5 m (50 yd) Dispenser box

	EU item	
20110	50110	● Tan/Extra Thin
20120	50120	● Yellow/Thin
20130	50130	● Red/Medium
20140	50140	● Green/Heavy
20150	50150	● Blue/Extra Heavy
20160	50160	● Black/Special Heavy
20170	50170	● Silver/Super Heavy
20180	20180	● Gold/Max

**Patient Band in zippered bag** - A single 2.5m band in a convenient zippered carrying case. Includes CE Mark.

12192	2.5m	● Yellow
12193	2.5m	● Red
12194	2.5m	● Green
12195	2.5m	● Blue
12196	2.5m	● Black

Includes Multi-lingual instructional insert

**Dispenser Pack** - 30 individually wrapped 1.5 meter latex bands in a single color. Each band includes safety instructions and UPC code

30-pack dispenser of 1.5 m (5 ft.) bands

20520	● Yellow/Thin
20530	● Red/Medium
20540	● Green/Heavy
20550	● Blue/Extra Heavy
20560	● Black/Special Heavy

**Starter Dispenser Pack** - 15 individually wrapped 1.5 meter latex bands in a single color. Each band includes an insert with link to 17 commonly used exercises for the foot, ankle, hip, neck, shoulder and back.

15-pack Dispenser of 1.5 m (5 ft.) Bands

11878	● Yellow/Thin
11879	● Red/Medium
11880	● Green/Heavy
11881	● Blue/Extra Heavy
11882	● Black/Special Heavy

Includes Multi-lingual instructional insert

**Multi-Band Patient Packs** - Attractively retail packaged, these packs are ideal for home dispensing where patient progression through rehab is prescribed. Each band is 1.5 (5 ft.) meter long.

20403	Beginner	● Yellow	● Red	● Green
20413	Advanced	● Blue	● Black	
20404	Beginner (Canada Only)	● Yellow	● Red	● Green
20414	Advanced (Canada Only)	● Blue	● Black	



# TheraBand® Color Progression

Resistance in Kg at:

Represents typical values.  
All products not available in all colors.

TheraBand® CLX/Band/Tubing color	Increase from preceding color at 100% elongation	100% elongation	Beginner ↓ Advanced
TheraBand® Tan	-	1.1	
TheraBand® Yellow	25%	1.3	
TheraBand® Red	25%	1.7	
TheraBand® Green	25%	2.1	
TheraBand® Blue	25%	2.6	
TheraBand® Black	25%	3.3	
TheraBand® Silver	40%	4.6	
TheraBand® Gold	40%	6.5	

## BAND LOOPS

**Professional Resistance Band Loops** - Continuous loop elastic bands in the TheraBand® recognized color progression. They can be used for a variety of applications, particularly lower body exercises to increase strength and balance. Band Loops are individually poly-bagged. Each loop includes safety instructions.

### 20cm (8") Lay flat length

20810	● Yellow/Thin
20820	● Red/Medium
20830	● Green/Heavy
20840	● Blue/Extra Heavy

### 30.5 cm (12") Lay flat length

20811	● Yellow/Thin
20821	● Red/Medium
20831	● Green/Heavy
20841	● Blue/Extra Heavy

### 45.5 cm (18") Lay flat length

20812	● Yellow/Thin
20822	● Red/Medium
20832	● Green/Heavy
20842	● Blue/Extra Heavy

Band Loop resistance is aligned with the resistance level of a regular band tied into a loop.



## LATEX-FREE ELASTIC RESISTANCE

### Latex-Free - Identical Performance to Latex

- Many patients who react to certain proteins found in natural rubber latex must avoid latex bands.
- Unfortunately, most latex-free elastic resistance do not offer the same performance as latex bands without the potential for causing a latex allergy reaction.
- Thera-Band® Latex-Free Professional Resistance Bands provide the same quality and trusted resistance progression of our natural latex bands... they stretch like latex!
- Thera-Band® Latex-Free bands do not have a scent, powder or proteins.
- Thera-Band® Latex-Free Professional Resistance Bands match the pull forces of our latex bands, and they follow the TheraBand® color-coded System of Progressive Exercise.

**Latex-Free Professional Resistance Bands** - Economical bulk rolls that facilitate cutting band length to patient requirement.

### 22 meter (25 yd) Dispenser box

EU item	Color/Resistance
20324 50324	● Yellow/Thin
20334 50334	● Red/Medium
20344 50344	● Green/Heavy
20354 50354	● Blue/Extra Heavy
20364 50364	● Black/Special Heavy
20374 50374	● Silver/Super Heavy
20384 50384	● Gold/Max

### 45.5 meter (50 yd) Dispenser box

EU item	Color/Resistance
11726 11846	● Yellow/Thin
11727 11847	● Red/Medium
11728 11848	● Green/Heavy
11729 11849	● Blue/Extra Heavy
11730 11850	● Black/Special Heavy



**SCENT  
FREE  
POWDER  
FREE**

**Latex-Free Multi-Band Patient Packs** - Attractively retail packaged, these packs are ideal for home dispensing where a latex-free product is needed to address an allergy/sensitivity and where patient progression through rehab is prescribed. Each band is 1.5 m (5 ft.) long.

11883 Beginner ● Yellow ● Red ● Green  
11884 Advanced ● Blue ● Black

Includes Multi-lingual instructional insert



# PROFESSIONAL RESISTANCE TUBING

TheraBand® Professional Resistance Tubing are made of natural rubber and are ideal for upper-body exercise, rehabilitation and conditioning. Available in seven color-coded levels of resistance.

**Professional Resistance Tubing** - Economical bulk tubing facilitates cutting length to patient requirement.

## 7.5 meter (25 ft) dispenser box

	EU item	
21010	51010	● Tan/Extra Thin
21020	51020	● Yellow/Thin
21030	51030	● Red/Medium
21040	51040	● Green/Heavy
21050	51050	● Blue/Extra Heavy
21060	51060	● Black/Special Heavy
21070	51070	● Silver/Super Heavy

## 30.5 meter (100 ft) dispenser box

	EU item	
21110	51110	● Tan/Extra Thin
21120	51120	● Yellow/Thin
21130	51130	● Red/Medium
21140	51140	● Green/Heavy
21150	51150	● Blue/Extra Heavy
21160	51160	● Black/Special Heavy
21170	51170	● Silver/Super Heavy



**Resistance Tubing - Multi-Tube Patient Packs** - Attractively retail packaged, these packs are ideal for home dispensing where patient progression through rehab is prescribed. Each tube is 1.5 m (5 ft.) long. Includes CE Mark.

21303	Light	● Yellow ● Red ● Green
21313	Heavy	● Blue ● Black
21304	Light	● Yellow ● Red ● Green (Canada Only)
21314	Heavy	● Blue ● Black (Canada Only)



**Tubing with Soft Grip Handles** - Provide the added convenience of attached handles for a ready-to-use solution. Retail packaged, instructions included.

21731	● Yellow/Thin	122 cm (48")
21732	● Red/Medium	122 cm (48")
21733	● Green/Heavy	122 cm (48")
21734	● Blue/Extra Heavy	122 cm (48")
21735	● Black/Special Heavy	127 cm (50")
21736	● Silver/Super Heavy	127 cm (50")





**Tubing with Soft Grip Handles** - Provide the added convenience of attached handles for a ready-to-use solution. Bulk packaged, instructions included.

21721	● Yellow/Thin	122 cm (48")
21722	● Red/Medium	122 cm (48")
21723	● Green/Heavy	122 cm (48")
21724	● Blue/Extra Heavy	122 cm (48")
21725	● Black/Special Heavy	127 cm (50")
21726	● Silver/Super Heavy	127 cm (50")



**Tubing with Hard PVC Handles** - Provide the added convenience of attached handles for a ready-to-use solution. Bulk packaged, instructions included.

EU item

21701	● Yellow/Thin, 122 cm (48")
21702	● Red/Medium, 122 cm (48")
21703	● Green/Heavy, 122 cm (48")
21704	● Blue/Extra Heavy, 122 cm (48")
21705	● Black/Special Heavy, 127 cm (50")
21706	● Silver/Super Heavy, 127 cm (50")



**Professional Resistance Tubing Loop with Padded Cuffs** - No-slip cuffs make them ideal for sports performance enhancement and advanced injury rehabilitation. Retail packaged, instructions included.

21431	● Red	Beginner/Intermediate
21432	● Green	Intermediate
21433	● Blue	Intermediate/Advanced
21434	● Black	Advanced



**Tubing with Flexible Handles** - Provide the added convenience of attached flexible handles for ready-to-use solution. Bulk packed instructions included. (Europe Only)

21741	● Yellow/Thin
21742	● Red/Medium
21743	● Green/Heavy
21744	● Blue/Extra Heavy
21745	● Black/Special Heavy
21746	● Silver/Super Heavy



# TRAINING STATIONS

## Ultra Compact and Affordable Options

**21910** ●●●●● TheraBand® Wall Station is the first compact, total body rehabilitation system designed for in-clinic strength training.

- Features the familiar colors and resistance levels of resistance tubing. Includes 30.5 cm (12") Tubing in four progressive levels.
- Multidimensional design with three planes of movement.
- Comprehensive accessory package including Exercise Handles, Extremity Straps and Head Strap.
- Two full-color exercise posters.



**21900** ●●●●● TheraBand® Professional Exercise Station combines strength, balance and flexibility exercises into one convenient system for fitness and therapy.

- Integrates with Exercise Balls and Stability Trainers.
- Includes Resistance Tubing in three progressive levels and three lengths.
- Supplied with a 91.5 cm (36") Padded Exercise Bar, two Exercise Handles, two Assist™ Straps, and a full-color poster with 24 exercises and safety instructions.
- At approximately 6.5 kilograms (14 pounds), the base is lightweight and stackable.



**The color sequence links the Station to your home exercise product recommendations.**

A complete accessory kit including Resistance Tubing

Two levels of Stability Trainers  
● Green ● Blue

Three Pro Series SCP® Exercise Balls  
● Yellow ● Green ● Red



## Versatile In-Clinic Hub, Home Exercise Success

**21915** ●●●●● Rehab & Wellness Station enables easy transitions between clinic visits and home exercise programs.

Station includes:

- Multi-dimensional wall mount system that provides three planes of movement with slide tracks, position indicators and one-hand lock down to enable easy patient set up, charting and documentation
- Portable base system with six connection points
- Trusted Resistance Tubing in four progressive levels and three lengths
- Three Pro Series SCP® Exercise Balls (Yellow, Green, Red)
- Two sets of Stability Trainers (Green, Blue)
- A complete accessory kit, including Waist Belt, Assist Straps (2), Head Strap, Exercise Bar, Extremity Straps (2), Exercise Handles (2) and an Accessory Rack
- Exercise CD with ready-to-use printouts and directions for at-home exercise programs
- Four full-color exercise wall posters
- Educational video with system introduction and exercise illustration



# ACCESSORIES

## Tubing Accessories

Include CE Mark.

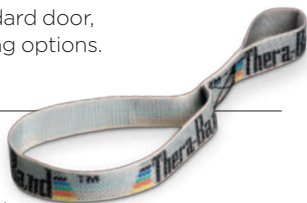
### 22130 Door Anchor –

Used to secure bands or tubing for upper and lower body workouts. Can be secured at any point along the frame of a standard door, offering versatile anchoring options.



### 22010 Assist™ Strap –

Increases the range of exercises that can be performed with bands and tubing. One end loops around an extremity, while the band/tubing is attached to the other end. This allows users with poor grip strength, like victims of arthritis, to use bands and tubing in training and rehab programs.



### 22135 Accessories Kit (Retail Display Box) –

Includes a Door Anchor, an Assist Strap and two Exercise Handles.



### 22125 Sports Handle –

30.5 cm (12”) long and allows for two hands to grasp the handle easily.



### 22120 Exercise Handles (pair of two) –

Provide an easy, secure grip for bands or tubing.



### 22140 Extremity Strap –

Cuff wraps around an extremity to serve as an attachment point, while the cinching mechanism is used to secure the cuff to a band or to tubing.



## Training Station Accessories

Training Station Accessories are compatible with the Rehab & Wellness Station, Exercise Station, Wall Station or other exercises.

### Tubing Part Number by Resistance Level and Length - set of 2

#### 30.5 cm (12”) Length with Connectors

- 21620 ● Yellow/Thin
- 21630 ● Red/Medium
- 21640 ● Green/Heavy
- 21650 ● Blue/Extra Heavy

#### 45.5 cm (18”) Length with Connectors

- 21621 ● Yellow/Thin
- 21631 ● Red/Medium
- 21641 ● Green/Heavy
- 21651 ● Blue/Extra Heavy

#### 61 cm (24”) Length with Connectors

- 21622 ● Yellow/Thin
- 21632 ● Red/Medium
- 21642 ● Green/Heavy
- 21652 ● Blue/Extra Heavy



### 22150 Padded Bar

91.5 cm (3 ft.) length with “D” ring connectors



### 22012 Assist™ Strap

with “D” ring connector, set of 2



### 22121 Exercise Handles

with “D” ring connector, set of 2



### 22001 Waist Belt Small/Medium 22000 Waist Belt Medium/Large



### 22141 Extremity Strap

with “D” ring connector, set of 2



### 22003 Head Strap



### 22006 Accessory Rack



# EXERCISE BALLS

## The Professional Slow-Deflate Ball

The **TheraBand® Pro Series SCP Exercise Ball** is available in five sizes for a custom fit. Each slow-deflate exercise ball comes with two plugs, an inflation adapter, a measuring tape to help insure proper inflation, and a poster detailing 24 exercises.

## The best Standard Exercise Ball on the market

**Standard TheraBand® Exercise Balls** come with two plugs, an inflation adapter and a helpful poster illustrating 24 exercises. Five sizes of balls are offered to accommodate users' height variations.



### Individually boxed for retail

EU item			
23015	12039	45 cm	Yellow
23025	12041	55 cm	Red
23035	12043	65 cm	Green
23045	12045	75 cm	Blue

(Silver available in bulk packaging only)

### Bulk packaged in a Poly-Bag

EU item			
23115	12038	45 cm	Yellow
23125	12040	55 cm	Red
23135	12042	65 cm	Green
23145	12044	75 cm	Blue
23155	12046	85 cm	Silver

### Individually boxed for retail

(Not available in EU)

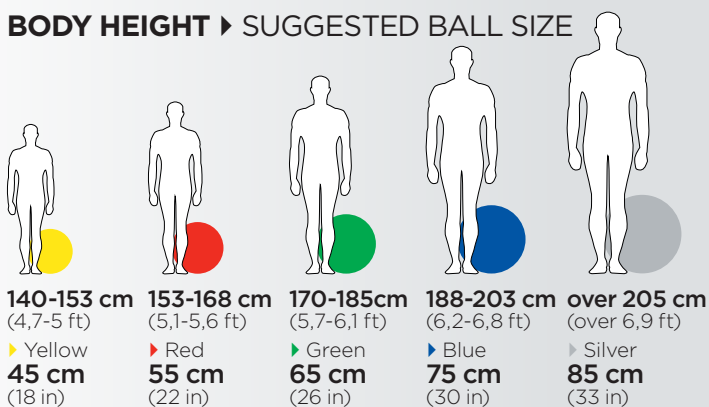
23010	45 cm	Yellow
23020	55 cm	Red
23030	65 cm	Green
23040	75 cm	Blue

(Silver available in bulk packaging only)

### Bulk packaged in a Poly-Bag

EU item			
23110	23001	45 cm	Yellow
23120	23002	55 cm	Red
23130	23003	65 cm	Green
23140	23004	75 cm	Blue
23150	-	85 cm	Silver

## BODY HEIGHT ▶ SUGGESTED BALL SIZE



**ABS\* Exercise Balls with anti-burst system** are made from a specially formulated compound, resisting the tendency to burst when punctured and gradually deflates.

(\*) ABS is a registered tradename of Togu Obermaier oHG.

### ABS Exercise Ball (EU Only)

23011	45 cm	Yellow
23021	55 cm	Red
23031	65 cm	Green
23041	75 cm	Blue
23050	85 cm	Silver

## Mini Ball

**12305 TheraBand® Mini Ball** is soft and inflatable to support a range of varied and effective exercises designed to increase core strength in the back and abdominals. Tactile, stretchy PVC makes the yellow 23 cm (9") diameter ball responsive to the touch and non-slip when placed against a hard surface. Includes an instructional poster.



## Pilates Ball

The **Pilates Balls** are universal training tools of exercise in the classic pilates school. Available in three sizes, soft and easy to handle, the balls can be used for pelvic re-education or shoulder rehabilitation. The foldable ball is easy to inflate and deflate.

### Pilates Balls (EU Only)

24030	Ø 18cm	Red
24040	Ø 22cm	Blue
23100	Ø 26cm	Silver



## Exercise Ball Accessories

**23210 Power Pump** - An essential tool for achieving and maintaining proper exercise ball inflation. Most clinics use hard-to-use ball pumps. This one is easy!

**23230 Exercise Ball Stackers** - Set of three. Simplifies storage of inflated balls.





# BALANCE PLATFORMS

## One Balance System for All Patient Needs

Have you seen the evidence lately about the effectiveness of balance boards and foam surfaces? Unstable surfaces are leading to unwavering results—reduced risk of sports-specific injuries, increased core strength, improved muscle reaction times, decreased risk of falls, improved gait and mobility, increased proprioception, and more. TheraBand® stability products, designed for people of all fitness levels, are the best solutions on the market for sports performance enhancement, balance training and rehabilitation. If your patients aren't receiving the benefits of sensorimotor and proprioceptive training, we have a simple, proven package to increase your breadth and effectiveness. We've put together the exercises, the products and the protocols you need. Our complete line of stability products follows the System of Trusted Progressive Exercise, enabling you to help patients advance effectively through different levels. We make effective balance training simple. balance products include both soft stability tools (Stability Trainers and Stability Disc) and rigid stability tools (Rocker Board and Wobble Board). Their durable, lightweight construction makes all of these products user-friendly, but their benefits extend much deeper than the surface. Includes CE Mark.

**TheraBand® Stability Trainers** are oval-shaped, color-coded pads supplied in three densities to provide a progressive system of balance training for rehab, post-rehab conditioning and fitness applications. The Green (Firm, Beginner) and Blue (Soft, Intermediate) pads are molded in closed-cell foam with a ridged surface. The Black (Extra-Soft, Advanced) PVC pad is inflated with air and has rounded points that provide tactile stimulation on one side. The Black Stability Trainer has sturdy edges that help prevent ankle-roll—a differentiator in the air-filled balance product marketplace.



### THERABAND® System of Progressive Exercise



#### Stability Trainer

23305	Beginner	● Green, Firm
23304	Intermediate	● Blue, Soft
23307	Beginner	● Green, Firm (Set of 2)
23306	Intermediate	● Blue, Soft (Set of 2)
23323	Advanced	● Black, Extra-Soft
12424	Advanced	● Black, Extra-Soft (Individually Boxed for Retail)

**TheraBand® Rocker and Wobble Boards** comprise the rigid stability line and embody the higher end of the system of progressive balance training. Unlike many competitors' products, they are durable and lightweight. Made of molded plastic, the square Rocker Board and round Wobble Board also offer security and versatility in the form of an anti-slip bottom and a textured top for additional proprioceptive input.

- 23300 Rocker Board ● Black, Challenging
- 23301 Wobble Board ● Black, Very Challenging



The **TheraBand® Stability Disc** is more challenging than the TheraBand® Stability Trainers. The 33 cm (13") diameter Disc offers an unstable, sensory-stimulating surface designed to facilitate balance and proprioceptive training, as well as automatic postural reactions. The Stability Disc is also ideal for active sitting.

- 23303 Stability Disc ● Silver, Active Sitting/Advanced Sports Training

**TheraBand® Dynamic Ball Cushions** are usable as a balance trainer, dynamic seat cushion or universal trainings tool. The XL-Version offers various training opportunities in all body positions. Dynamic Ball Cushions offer an unstable and sensory stimulating surface designed to facilitate balance and proprioceptive training.

#### Dynamic Ball Cushions (Europe Only)

- 21430 ● Green 33 cm without senso-knobs
- 23090 ● Green 33 cm with senso-knobs on one side
- 21440 ● Blue 36 cm without senso-knobs
- 21441 ● Blue 36 cm with senso-knobs on one side
- 21451 ● Black 50 cm big with senso-knobs on one side



# FLEXBAR®

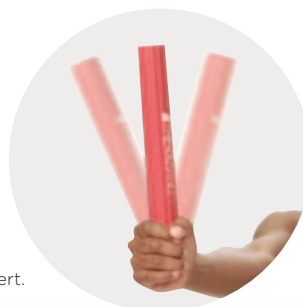
Incredibly Effective, Unbelievably Simple

## FlexBar

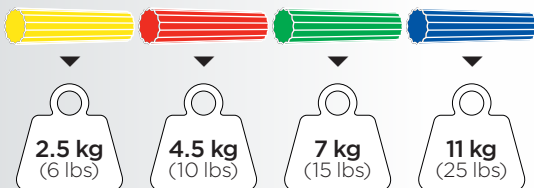
- 26107 ● Yellow/Extra Light
  - 26100 ● Red/Light
  - 26101 ● Green/Medium
  - 26102 ● Blue/Heavy
- Exercise manual included.

## FlexBar retail cartons

- 12344 ● Yellow/Extra Light
  - 12345 ● Red/Light
  - 12346 ● Green/Medium
  - 12347 ● Blue/Heavy
- Includes Multi-lingual instructional insert.



## FLEXBAR ▶ FORCE



## THERABAND® System of Progressive Exercise

Beginner Advanced  
The original system of progressive exercise

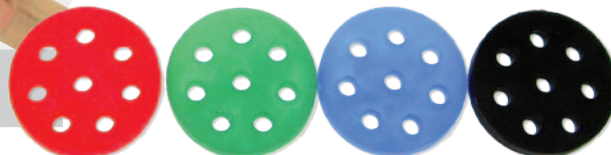
# HAND XTRAINER

The Ultimate Hand Therapy Tool

- Supports flexion and extension
- Easily cleaned between patients
- Great for home exercise



USE CHILLED  
OR HEATED



## Hand Xtrainer

- 11966 ● Red/Beginner
  - 11965 ● Green/Intermediate
  - 11964 ● Blue/Advanced
  - 11963 ● Black/Advanced Sport Training
- Includes Multi-lingual instructional insert

## THERABAND® System of Progressive Exercise

Beginner Advanced  
The original system of progressive exercise

# HAND EXERCISERS & MASSAGE BALLS

Fun and Easy Hand Strengthening Tool

## Individually boxed for retail

- 26020 ● Yellow/Extra Soft
- 26030 ● Red/Soft
- 26040 ● Green/Medium
- 26050 ● Blue/Firm
- 26060 ● Black/Extra Firm
- 26070 Assorted/6 ea. of:  
● Yellow ● Red  
● Green & ● Blue

## Hand Exercisers cartons

- 12335 ● Yellow/Extra Soft
- 12336 ● Red/Soft
- 12337 ● Green/Medium
- 12338 ● Blue/Firm
- 12339 ● Black/Extra Firm



USE CHILLED  
OR HEATED



## Extra-large Hand Exercisers

- 26033 XL ● Red/Soft
  - 26043 XL ● Green/Medium
  - 26053 XL ● Blue/Firm
  - 26063 XL ● Black/Extra Firm
- Includes Multi-lingual instructional insert.

## Extra Large retail cartons

- 12340 ● Red/Soft
- 12341 ● Green/Medium
- 12342 ● Blue/Firm
- 12343 ● Black/Extra Firm

The Massage Balls are used for reflex zone massage, improves circulation and relaxation. The balls are delive-red with needle valve for individual pressure setting.



## Massage Balls (Europe Only)

- 26903 ● Orange 6 cm
- 26900 ● Green 8 cm
- 26902 ● Yellow 8 cm
- 26901 ● Red 9 cm
- 26912 ● Blue 10 cm

# HAND TRAINER

Complete Finger, Hand, Wrist and Forearm Rehab

## TheraBand® Progressive Hand Trainer

- 26210 ● Tan Refill
- 26220 ● Yellow Refill
- 26230 ● Red Refill
- 26240 ● Green Refill
- 26250 ● Blue Refill
- 26260 ● Black Refill

26200 Intro Kit, Includes Trainer and Refill Sheets  
(Tan ● Yellow ● Red ● Green ● Blue ● Black)

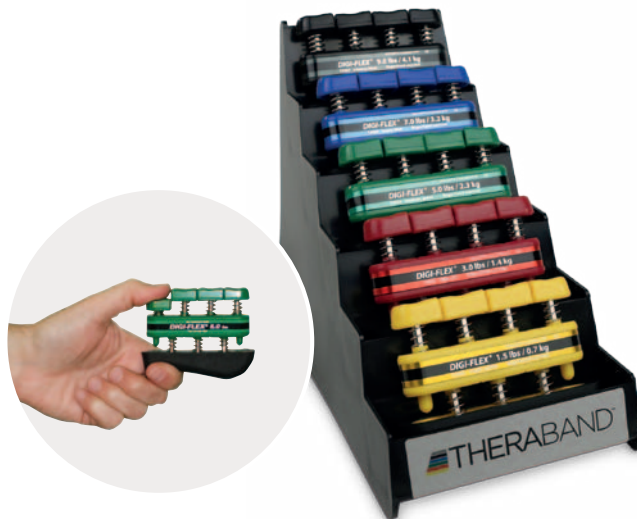


# DIGI-FLEX

## Digi-Flex Hand Exerciser

- 12452 ● Tan 0.3 kg (0.7 lb)
- 12453 ● Yellow 0.7 kg (1.5 lb)
- 12454 ● Red 1.6 kg (3.5 lb)
- 12455 ● Green 2.27 kg (5.0 lb)
- 12456 ● Blue 3.2 kg (7.0 lb)
- 12457 ● Black 4.1 kg (9.0 lb)
- 12458 ● Silver 5.0 kg (11.0 lb)
- 12459 ● Gold 5.9 kg (13.0 lb)

- 12464 5 piece set
- 12460 5 piece set w/plastic display
- 12461 5 piece set w/metal display
- 12462 8 piece set w/2 metal racks  
(1 ea.: ● Tan ● Yellow ● Red ● Green ● Blue ● Black ● Silver ● Gold)



# SOFT WEIGHTS

Versatile, Easy-to-Grip Alternative to Dumbbells

## Soft Weights

- 25811 ● Tan 0.5 kg (1.1 lb)
- 25821 ● Yellow 1.0 kg (2.2 lb)
- 25831 ● Red 1.5 kg (3.3 lb)
- 25841 ● Green 2.0 kg (4.4 lb)
- 25851 ● Blue 2.5 kg (5.5 lb)
- 25861 ● Black 3.0 kg (6.6 lb)

25801 Assorted 1 each of:  
● Tan ● Yellow ● Red ● Green ● Blue ● Black



# ANKLE & WRIST WEIGHTS

## TheraBand® Comfort Fit Ankle & Wrist Weight Sets

- Neoprene exterior with adjustable strap and soft terrycloth interior
- Retail packaged, ideal for at-home use
- Reflective trim
- Safety instructions included

- 25870 ● Red Pair 0.45 kg (0.1 lb) each
- 25871 ● Green Pair 0.7 kg (1.5 lb) each
- 25872 ● Blue Pair 1.15 kg (2.5 lb) each







## EXERCISE MATS

### TheraBand® Exercise Mats

- Made of high-density polyethylene, a lightweight non-PVC material
- Easy to clean surface feels soft to the touch
- Waterproof, wear resistant, and designed for maximum support
- Supplied with pre-drilled hanging holes and two elastic straps for easy storage
- Choose from three vibrant colors in 60 cm (24") or 102 cm (40") width, 190 cm (75") length
- Individually packed in clear zipper bag
- All mats come packed in a clear zipper bags (EU item numbers excluded).

**60 x 190 x 1.5 cm** (24" x 75" x .6")

	EU item	
25053	25053	● Blue
25054	25054	● Green
25055	25055	● Red

**60 x 190 x 2.5 cm** (24" x 75" x 1")

	EU item	
25063	25056	● Blue
25064	25057	● Green
25062	25058	● Red

**102 x 190 x 1.5 cm** (40" x 75" x .6")

	EU item	
25073	25059	● Blue
25074	25060	● Green
25075	25061	● Red

## SHOULDER PULLEY

The Shoulder Pulley that Provides Feedback

### 52161 Shoulder Pulley

Retail Packaged EU, Latin America, Asia Pacific  
Includes Multi-lingual instructional insert.

### 27314 Shoulder Pulley - Bulk 12/cs

Bulk packaged in individual poly-bags  
Includes Multi-lingual instructional insert.

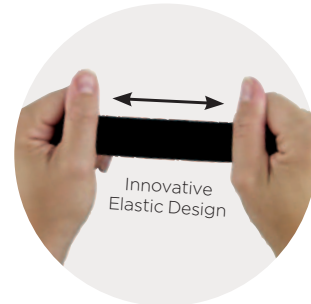
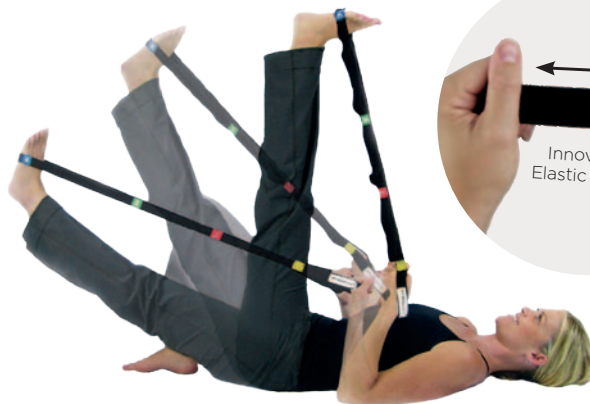


## STRETCH STRAP

Patent-Pending "Comfort Stretch" design increases Patient Range of Motion

### 11659 Stretch Strap, Bulk Pack

Includes Multi-lingual instructional insert and CE Mark.



## PRO FOAM ROLLERS

Highly Durable Tissue Mobilization Tools

### Pro Foam Rollers

11968	15 cm (6") Diameter, 30 cm (12") Length
11969	15 cm (6") Diameter, 91 cm (36") Length
11970	15 cm (6") Half Round Diameter, 91 cm (36") Length



## FOOT CARE PRODUCTS

Massage and Cold Therapy that Fits the Foot

**56150 Green, 4 cm (1.5") Diameter, 1 cm (.5") Center** Individually Boxed for Retail  
Includes Multi-lingual instructional insert.

**26152 Green, 4 cm (1.5") Diameter, 1 cm (.5") Center Bulk pack of 36 each**



# FOAM ROLLER WRAPS+

The First Customizable Wrap System matches The Roller to the Need

## Foam Roller Wraps+

Individually packaged with detailed color instructions by muscle region.

- 11971 ● Yellow/X-Soft
  - 11972 ● Red/Soft
  - 11973 ● Green/Firm
  - 11974 ● Blue/X-Firm
- Includes Multi-lingual instructional insert.



# ROLLER MASSAGERS+

Unique Ridged Design provides Massage-Like Experience

## Roller Massager+

- 12010 Green/Ridged Standard
  - 12011 Green/Ridged Portable
- Includes Multi-lingual instructional insert.



**Standard**  
Overall length 53.3cm (21")  
Roller length 24.1cm (9.5")



Portable with Retractable Handles

Handles in - overall length 30.5 cm (12")

Handles out for use - overall length 48.3 cm (19")

# ACTIVE HEALTH

**27150 The First Step to Active Health® kit** is your older patient's first step towards physical activity. Designed specifically for adults over 50, it is the most comprehensive, customizable and progressive activity program available for able-bodied yet inactive older adults. It contains a Red Exercise Band and an evidence-based exercise program focusing on improving cardio fitness, flexibility, strength and balance. A free companion guide, The Active Aging Toolkit, explains the scientific foundation for the interventions, tools to assess and individualize activity programs, and strategies to encourage older adults to become more active. For more information, visit [www.FirstStepToActiveHealth.com](http://www.FirstStepToActiveHealth.com).



# PARAFFIN HEAT SYSTEM

Soothe Patient Extremities

## Parabath Paraffin Heat System (Latin America Only)

- 24050 Parabath Unit
- 24130 Unscented Paraffin Refill  
450 (1 lb) x 6 pkg (available in EU)
- 24131 Fresh Citrus Scented Paraffin Refill  
450 (1 lb) x 6 pkg



# AQUATIC PRODUCTS

## For Low Impact Rehab and Swim Training

Our line of **TheraBand® Aquatic Products** assist therapy by protecting joints and reducing stress for patients who need to exercise in the water. They can also advance the performance of competitive and recreational swimmers.



### 40100 Kickroller Floatation Device with Padded Grip

- Ideal resistance device for upper and lower body strengthening
- Wide padded grips provide great platforms for lower extremity balance and stabilization training

### 40090 Swim Bar with Padded Grip

- Buoyancy-based swim training aid is perfect for all ages
- Used for trunk stabilization, strengthening and balance
- Made of high-density buoyancy foam

### 40010 Closed Chain Buoyancy Disk

- Versatile device used to water walk against resistance
- Supplied with adjustable foot straps
- Great for hip, leg, and shoulder muscle range of motion and stability

### Hand Bar with Padded Grip

- Essential therapy tool to strengthen and increase range of motion
- Supplied in 3 progressive resistance levels to match user need
- Ideal for elbow and shoulder flexion and extension
- Supplied in pairs
 

40050	Light
40051	Medium
40052	Heavy

### Webbed Pull Buoy Swim Training Aid

- Perfect for providing lower body buoyancy while swim training to improve upper body strength
- Supplied in 3 sizes to match user preference and buoyancy level
 

40170	10 cm (4") x 15 cm (6")	Small
40171	10 cm (4") x 18 cm (7")	Medium
40172	10 cm (4") x 20 cm (8")	Large

### Young Swim Belt with High-Density Buoyancy Foam

- Ideal for use as an entry level swim training aid for younger swimmers
- Supplied in 3 sizes corresponding to buoyancy level
 

40140	Tadpole Swim Belt
40141	Youth Swim Belt
40142	Young Adult Swim Belt
40160	Replacement Strap - 1 m (44")

### 40048 Aquafins® Aquatic Exercise Kit

- Ultimate in water resistance training for upper and lower body
- One-size-fits-all cuffs attach comfortably to wrists or ankles
- Drag resistance intensity is adjusted by rotating the fins
- Supplied in pairs with attractive mesh carrying bag
- Includes two fins plus Quick Start Instruction Card

### Kickboard (Europe Only)

- A swim training aid used for trunk extension, hip strengthening, toning and working the legs and lower extremities, shoulders and arms.

40120	Rigid Kickboard/Red
40121	Rigid Kickboard/Blue

### Pool Noodles (Europe Only)

- The 1.60m long "foam-spaghetti" offers a wide range of applications for muscle strengthening and relaxation.

40008	Pool Noodles (different colors)
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# Proven solutions for

**Pain Relief + Performance + Recovery + Wellness**

**PERFORMANCE  
HEALTH®**



## **BIOFREEZE**

One effective pain reliever, three different applications.

## **CRAMER**

Designed by trainers, proven by athletes.

## **THERA°PEARL**

Got pain? Get relief.

**THERA°PEARL  
TECHNOLOGY®**

The Science of Soothing

## **BON VITAL**

Professional massage products.

Oil-Gel-Lotion-Crème







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