



Systems of Progressive Exercise

## Thera-Band® Stretch Strap

The Thera-Band® Stretch Strap is a revolutionary replacement to static stretching devices. It supports classic static stretches, plus introduces more effective dynamic stretches. The enclosed stretch strap helps patients improve flexibility and range of motion during rehabilitation. Patients can use the strap during clinic visits or as part of a clinician prescribed home exercise program. The strap is also useful for stretching to maintain good musculoskeletal health, or as part of a fitness or sports exercise routine.



**For additional exercises and videos go to**  
**[info.Thera-BandAcademy.com/stretchstrap](http://info.Thera-BandAcademy.com/stretchstrap)**

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# GENERAL INSTRUCTIONS

The Thera-Band Stretch Strap features numbered marks between the loops. As range of motion and flexibility improves, the numbered marks on the strap will provide immediate visual feedback on the progress made. Additionally, the numbered marks can be used for clinicians to provide clear, accurate instructions. Practitioners simply use the numbers to set goals for patients and to provide guidelines so that patients do not push themselves too far too fast.

## EACH EXERCISE HAS 3 PHASES

Breathe in as you contract the muscle and breathe out as you relax and stretch

- Use the numbered marks to illustrate proper placement
- Also use the numbering system to demonstrate progression

### START PHASE

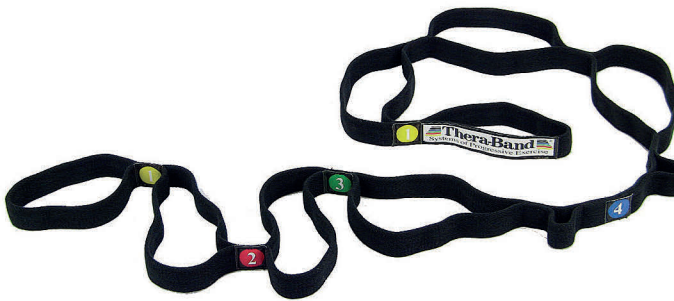
- Begin with moderate tension in the strap

### CONTRACT PHASE

- Provide enough elasticity in the strap to support resistance during muscle contraction
- The muscle should be at resting length (mid-range) or slightly elongated
- Contract the muscle through the range of motion or hold a static contraction for 3 to 5 seconds

### STRETCH PHASE

- Provide enough tension in the strap to elongate the muscle
- Hold the stretch for 10 seconds
- Repeat 5 times or as prescribed by your healthcare provider



## PRECAUTIONS

- The Thera-Band Stretch Strap is to be used for its intended purpose only.
  - Before beginning any type of exercise program, consult your healthcare provider.
  - **ONLY PERFORM EXERCISES PRESCRIBED BY YOUR THERAPIST OR PHYSICIAN.**
  - This product is not a toy and should not be used without adult supervision. Consult your physician before allowing children to exercise.
  - Before each exercise session, inspect the Stretch Strap for defects, cuts or wear. Replace the damaged product immediately.
- Consult your healthcare provider if you experience pain while performing your stretches.
  - Be sure to firmly secure or grasp the strap using the loops as indicated to prevent them from slipping out of your hands during use.

**CAUTION:** The Thera-Band Stretch Strap contains natural rubber latex, which may cause allergic reactions.

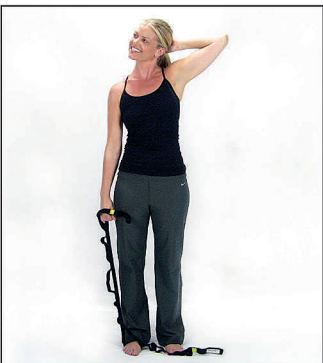
## □ Upper Trapezius



**Start:** Begin in standing by securing the middle of the strap under your foot. Grasp other end, keeping your elbow straight by your side. Lean your head away from and turn your head toward the side you're stretching.



**Contract:** Shrug your shoulder upward, keeping your elbow straight. Hold for a few seconds. Don't bend your trunk.



**Stretch:** Breathe out as you slowly relax your shoulder downward, and gently pull your head away from your shoulder to stretch your trapezius.

## □ Shoulder/Triceps Internal Rotation



**Start:** Grasp one end of the strap behind your back by the arm to be stretched. Grasp the other end of the strap with your other arm overhead.



While maintaining the position of your upper arm, pull down against the strap to extend your elbow.

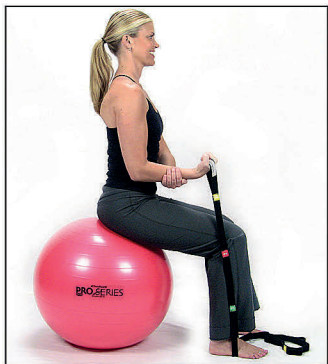


**Stretch:** Breathe out as you pull upwards with overhead arm, allowing the involved elbow to bend, stretching your shoulder and triceps.

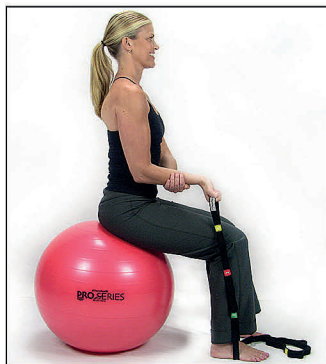
# □ Wrist Flexors



**Start:** Secure the middle of the strap under your foot. Sit with your forearm supported by the other hand, palm up.



Bend your wrist upward, into flexion while maintaining your forearm parallel to the ground.



Breathe out as you slowly allow your wrist to extend and stretch your forearm.

## □ Pectoralis Major



**Start:** Begin by wrapping the strap across your upper back and grasp both ends of the strap, arms extended out to the side and slightly in front of body. Elbows should be straight and arms at shoulder height.

Pull both ends of the strap toward each other in front of your chest.



**Stretch:** Breathe out as you allow the strap to pull both arms slightly behind your body, stretching your chest.

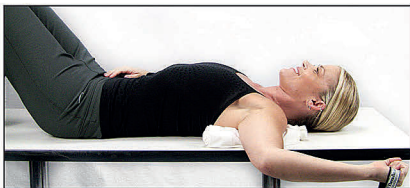
## □ Shoulder External Rotation



**Start:** Secure one end of the strap under the table or bed near your head. Begin by lying on your back with both your shoulder abducted and elbow bent to 90 degrees. Use a small towel roll to support your upper arm. Grasp the other end of the strap or secure it to your wrist with a loop.



**Contract:** Pull your hand upward against the strap, rotating your arm internally. Keep your shoulder abducted and elbow bent to 90 degrees.



**Stretch:** Breathe out as you allow the strap to pull your shoulder into external rotation, stretching the front of your shoulder.



## □ Great Toe Stretch



**Start:** Sit with your knee extended and back straight. Place your great toe in the small loop at the center of the strap. Grasp both ends of the strap.



**Contract:** Push your great toe downward against the strap. Maintain your hand position.



**Stretch:** Pull both ends of the strap toward you as you stretch the great toe and the bottom of your foot.

## Gastroc



**Start:** Sit with knee extended and back straight. Place the middle of the strap around your foot and grasp the ends at your waist.



**Contract:** Push your foot downward against the strap, keeping your knee straight. Maintain your hand position.



**Stretch:** Breathe out as you pull the straps toward you into dorsiflexion, stretching your calf muscle.

# □ Soleus



Sit with knee slightly bent and back straight. Place the middle of the strap around your foot and grasp the ends at your waist.

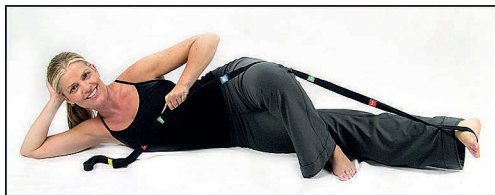


**Contract:** Push your foot downward against the strap, keeping your knee bent. Maintain your hand position.



**Stretch:** Breathe out as you pull the straps toward you into dorsiflexion, stretching the deeper portion of your calf muscle.

## □ IT Band



**Start:** Begin in sidelying with the side to be stretched on the floor. Place your foot in the loop on one end of the strap and grasp the other end near your trunk. Lift the leg 6 to 12 inches off the floor, slightly in front of your body (about 20 degrees).

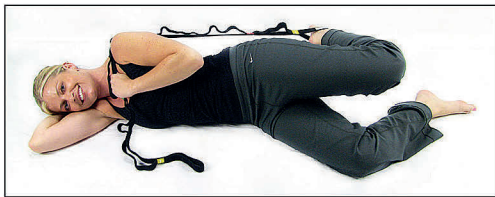


**Contract:** Keeping your knee straight, push your leg downward toward the floor against the strap. Maintain your hand position.



**Stretch:** Breathe out as you pull the other end of the strap toward your head, lifting the leg with your knee straight to stretch the outside of the leg.

## □ Hip Flexors



**Start:** Begin in sidelying on the opposite side to be stretched with your knee bent. Place your foot in the loop on one end of the strap and grasp the other end over your shoulder in front of your trunk.



**Contract:** While keeping your knee locked, pull your hip and thigh forward against the strap. Maintain your hand position.



**Stretch:** Breathe out as you pull the strap over your shoulder, bringing your hip backward behind your body to stretch front of hip.

## □ Rectus Femoris



Begin by lying prone with one end of the strap secured to your foot and your knee bent. Grasp the other end of the strap in your hand over your shoulder.



**Contract:** Push your foot against the strap, extending your knee. Maintain your hand position.



**Stretch:** Breathe out as you pull the strap over your shoulder, stretching your thigh as you bend your knee, allowing your knee to bend.

## □ Hip External Rotation



**Start:** Begin by lying on your back with your hip and knee bent to 90 degrees. Secure foot in a loop of the strap and grasp ends with the opposite hand near knee.



**Contract:** Rotate your leg outward pushing against the strap while maintaining hand position. Keep thigh upright and lower leg parallel to the ground.



**Stretch:** Breathe out as you pull the strap toward the opposite shoulder, stretching your hip.

## □ Piriformis



**Start:** Begin by lying on your back with your opposite knee bent. Place the foot of the side to be stretched on the opposite thigh. Place the middle of the strap around your knee and grasp ends of the strap with your opposite hand.



**Contract:** Push your knee away from your trunk against the strap while maintaining hand position. Keep your foot on the opposite thigh.



**Stretch:** Breathe out as you pull the strap toward the opposite shoulder, stretching your hip.



## □ Lower Back / Glute



**Start:** Begin by lying on your back with your hip and knee bent to 90 degrees. Place the middle of the strap around your knee and grasp ends of the strap with your hands.



**Contract:** Push your knee away from your trunk, extending your hip against the strap while maintaining hand position.



**Stretch:** Breathe out as you pull the strap and knee toward your head, stretching your low back and hip.

## □ Hamstrings



**Start:** Begin by lying on your back with one knee bent. Place opposite foot in the loop at one end of the strap and grasp the other end of the strap with your hands at your chest.

**Stretch:** Breathe out as you pull the strap and leg toward your head, stretching your posterior thigh.



**Contract:** Keeping your knee straight, push your leg downward, extending your hip against the strap.