



Performing
Arts
Physical
Therapy

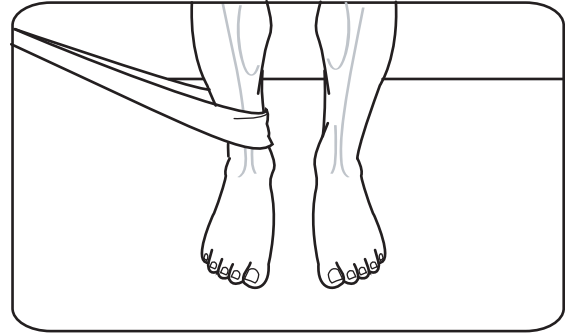
Theraband Releves

BASIC PRINCIPLES:

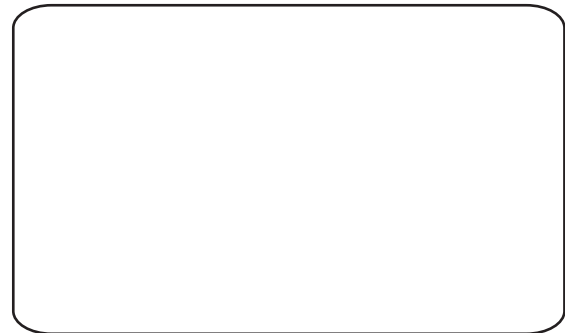
Theraband are a great inexpensive way to do progressive resistance exercises. They come in a variety of different colors, which are available in different thicknesses to give different resistance when stretched. You should start with the Theraband that allows you to execute your exercises as instructed without trouble. Once the exercises become easy with maximum resistance in the color Theraband you are using, you should progress to the next color. Make sure you keep the Theraband taught through out the exercise and move slowly with each exercise.

Caution: using a Theraband that is too strong for you to control and do your exercises properly may lead to pain and or tendinitis. Also doing more repetitions than suggested may also lead to overuse problems such as tendinitis. If you have pain with any of these exercises, stop and alert your physical therapist or other medical provider.

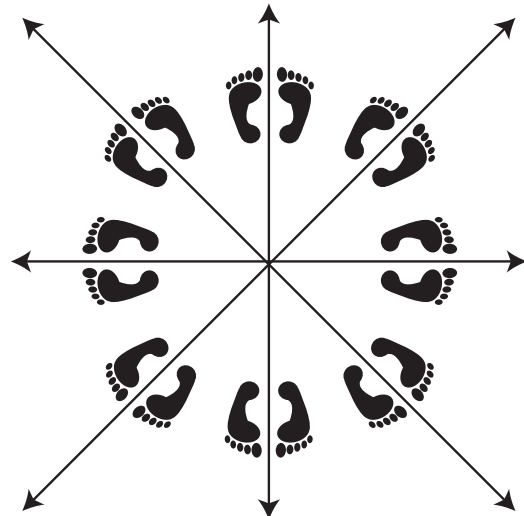
Starting position: Tie a Theraband around an immovable object like furniture or ballet barre so that it makes a loop. Now place your foot and leg inside the Theraband as shown just above the ankle. Slowly step away so that you develop tension in the Theraband.



Releve: Standing parallel with the hips, knees and feet all in straight alignment slowly releve without changing your alignment while keeping the foot, knee and hip aligned. Repeat three times.



Turn both feet one eighth of a turn and repeat the 3 releves continue until you return to where you started. Please see the foot placement chart to the right. Now switch feet and repeat the whole sequence on the other leg.



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