



## SPORTS HANDLE

### PRODUCT INFORMATION EXERCISE SUGGESTIONS



### USES AND FEATURES

- ▲ Accessory attachment for Cando® exercise bands and tubing
- ▲ 9” sports handle provides length for unilateral or bilateral grip for strengthening exercises
- ▲ Adds challenge to resistive exercise
- ▲ 3 attachment points (either end, both ends or center) for a variety of force applications

### EXERCISE ROUTINE

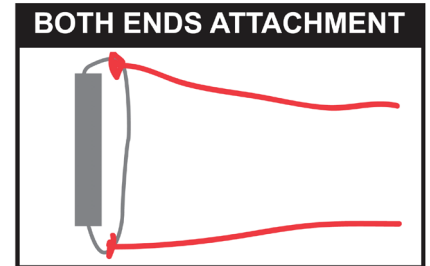
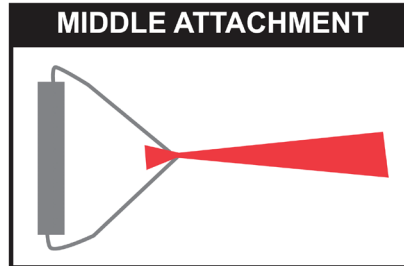
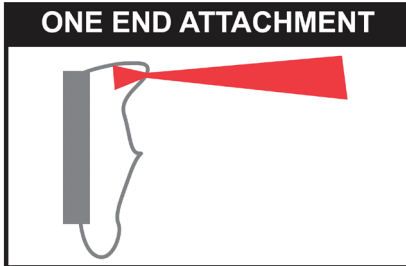
The actual exercise routine should be determined by a doctor, therapist, coach, or trainer. This exercise routine should include number of reps and sets, times per day and times per week.

### DETERMINING APPROPRIATE CAN-DO® BAND AND TUBE RESISTANCES

Have your doctor or therapist select a Can-Do® band/tubing or Tube for your present stage of rehabilitation. The Can-Do® band/tubing selected should allow you to adhere to all established exercise guidelines and execute each exercise proficiently.

# SPORTS HANDLE EXERCISE SUGGESTIONS

Attach CanDo® exercise band or tubing to one end, middle or both ends of Sports Handle, depending on desired workout.



*Illustrations are shown with Middle Attachment*

## WRIST FLEXION

**Start** (attach Sports Handle as desired)

- Sit in chair facing away from and to the side of attachment site.
- Grasp Sports Handle with exercise hand, placing band/tubing under same side foot, bend arm and place lower arm on top of same upper leg.
- Position elbow directly below shoulder and allow hand to hang unsupported in front of upper leg with palm facing up and thumb pointing outward.
- Keep foot firmly positioned on band/tubing and allow wrist to bend back and down slightly.



## **Finish**

- Close hand, bend wrist up and back toward upper arm with thumb continuing to face outward.
- Keep upper torso stationary with buttock and lower back in contact with chair.
- Avoid bending elbow and raising lower arm from top of upper leg.
- Slowly return to starting position.
- Modify placement of band/tubing under foot if increased resistance is desired.

## SHOULDER FLEXION

**Start** (attach Sports Handle as desired)

- Stand, grasp Sports Handle with hand of exercise arm and face away from attachment site.
- Step on band/tubing with same side foot. Straighten arm and allow it to hang comfortably along side of body with palm of hand facing backward.
- Keep knees slightly bent and wrist firm.



## **Finish**

- Lift arm up and directly forward in front of body until hand reaches shoulder height and end with palm of hand facing floor.
- Keep head and upper torso stationary and wrist firm.
- Avoid arching lower back and (or) lifting upper shoulder toward ear as arm is lifted upward.
- Slowly return to starting position.
- Move body further away from attachment site and modify placement of foot on band/tubing if increased resistance is desired.

## WRIST EXTENSION

**Start** (attach Sports Handle as desired)

- Sit in chair facing away from and to the side of attachment site.
- Grasp Sports Handle with exercise hand, placing band/tubing under same side foot, bend arm and place lower arm on top of same upper leg.
- Position elbow directly below shoulder and allow hand to hang unsupported in front of upper leg with palm facing up and thumb pointing inward.
- Keep foot firmly positioned on band/tubing and allow wrist to bend down and forward in front of same side of knee.



### Finish

- Close hand, bend wrist up and back toward upper arm with thumb continuing to face inward.
- Keep upper torso stationary with buttock and lower back in contact with chair.
- Avoid bending elbow and raising lower arm from top of upper leg.
- Slowly return to starting position.
- Modify placement of band/tubing under foot if increased resistance is desired.

## ELBOW FLEXION

**Start** (attach Sports Handle as desired)

- Stand with exercise arm positioned furthest from attachment site and grasp Sports Handle.
- Step on band/tubing with same side foot straighten arm and allow it to hang comfortably along side of body with palm of hand facing side of leg.
- Keep knees slightly bent and wrist firm.



### Finish

- Bend elbow and bring hand up and out in front of same side shoulder with thumb facing outward.
- Keep head stationary and wrist firm.

- Avoid moving upper arm away from side of body and (or) arching lower back as arm is bent.
- Slowly return to starting position.
- Move body further away from attachment site and modify placement of foot on band/tubing if increased resistance is required.

## SHOULDER ABDUCTION

**Start** (attach Sports Handle as desired)

- Stand with exercise arm positioned furthest from attachment site. Grasp Sports Handle and step on band/ tubing with foot furthest from attachment site.
- Straighten exercise arm and allow it to hang comfortably along side of body with palm of hand facing body.
- Keep knees slightly bent and wrist firm.



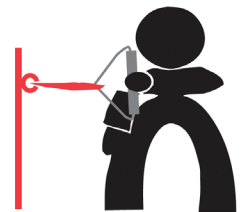
### Finish

- Lift arm up and directly out from side of body until hand reaches shoulder height and end with palm of hand facing floor.
- Keep head stationary and wrist firm.
- Avoid bending upper torso toward attachment site as arm is lifted away from side of body .
- Slowly return to starting position.
- Move body further away from attachment site and modify placement of foot on band/tubing if increased resistance is desired.

## SHOULDER HORIZONTAL EXTENSION

**Start** (attach Sports Handle as desired)

- Stand with exercise arm positioned furthest from attachment site and grasp Sports Handle.
- Straighten exercise arm across front of body at shoulder height with hand positioned directly out in front of opposite side shoulder and palm facing backward.
- Keep knees slightly bent, arm straight and wrist firm.



## Finish

- Pull arm back and across upper body at shoulders height and end with palm of hand facing forward.
- Keep head stationary and wrist firm.
- Avoid rotating upper body back and away from attachment site as arm is pulled across front of body.
- Slowly return to starting position.
- Move body further away from attachment site if increased resistance is desired.

## SCAPULA ELEVATION

**Start** (attach Sports Handle as desired)

- Stand with exercise arm positioned closest to attachment site. Grasp Sports Handle and step on band/tubing with foot closest to attachment site.
- Straighten exercise arm and allow it to hang comfortably at side of body with palm of hand facing backward.
- Keep knees slightly bent, wrist firm and elbow locked.



## Finish

- Lift and elevate arm and shoulder up toward ear.
- Keep head stationary, arm straight and avoid bending upper torso away from attachment site as shoulder is elevated.
- Slowly return to starting position.
- Modify placement of foot on band/tubing if increased resistance is desired.
  - OPTION: Above exercise may be upgraded by allowing elbow to bend and perform an “upright row” movement following the “Elevation” exercise.

## SHOULDER D-2 PATTERN

**Start** (attach Sports Handle as desired)

- Stand with exercise arm positioned furthest from, and body slightly behind attachment site.
- Grasp Sports Handle, straighten exercise arm and position hand out in front of opposite side hip with thumb facing down and back.
- Bend non-exercise arm and place hand on same hip.
- Keep knees slightly bent and wrist firm.



## Finish

- Pull arm up, across and behind body in a diagonal pattern while rotating shoulder backward.
- End with band/tubing across upper chest, arm straight and thumb pointing backward.
- Keep head stationary and wrist firm.
- Avoid rotating upper torso in direction which exercise arm is moving.
- Slowly return to starting position.
- Move body further away from and behind attachment site if increased resistance is desired.

### OTHER USES

#### HAND AND WRIST REHABILITATION

Pronation  
Supination  
Ulnar Deviation  
Radial Deviation

#### FITNESS & REHABILITATION

Biceps Curl  
Abdominal Crunch  
Obliques  
Lunge Press



Fabrication Enterprises Inc.

PO Box 1500 White Plains, NY 10602 (USA)  
tel: +1-914-345-9300 • 800-431-2830  
fax: +1-914-345-9800 • 800-634-5370  
FabEnt.com



Authorized CE representative:  
RMS UK Ltd.  
28 Trinity Road  
Nailsea, Somerset BS48 4NU (UK)