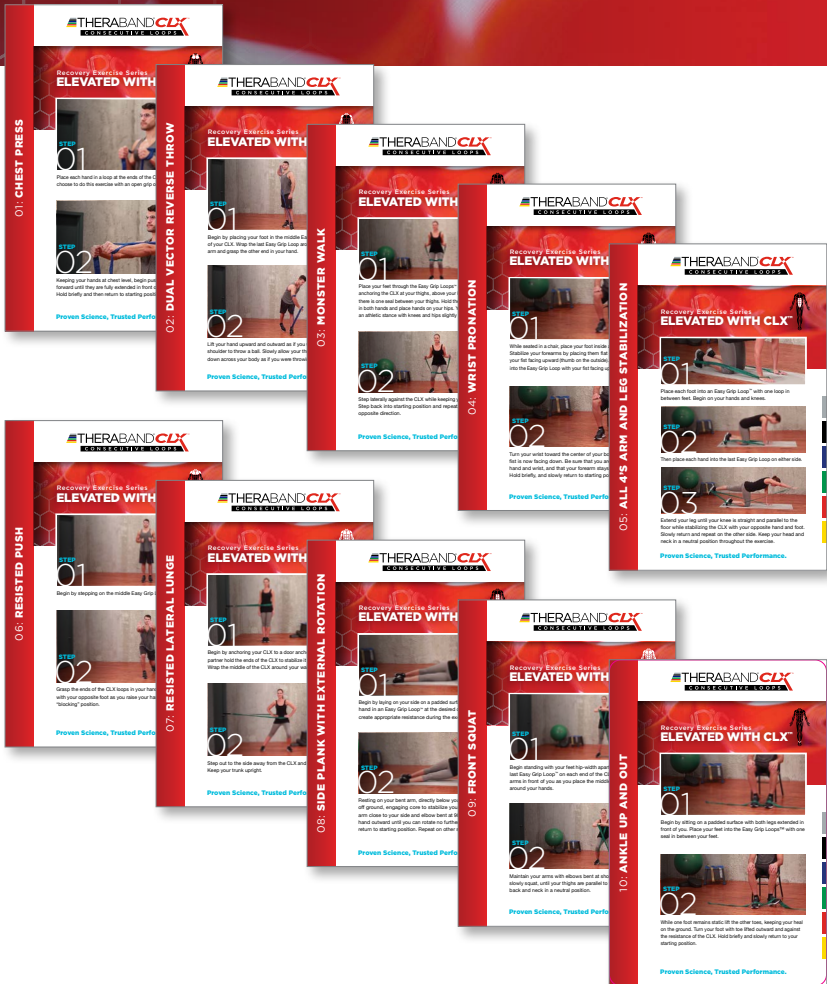


# Recovery Exercise Series / ELEVATED WITH CLX™



Increase patient confidence, safety and compliance using the enclosed recovery exercise cards. In clinician focus groups, CLX™ was preferred over traditional resistance bands and tubing for these specific rehabilitation exercises. Each card also contains a QR code to easily view the rehab exercise video and share with patients.



To order THERABAND Products, please visit:  
[www.theraband.com/where-to-buy](http://www.theraband.com/where-to-buy)

Navigate to each exercise card by clicking the corresponding button below. To see these exercises in action, scan the QR codes.



**01: CHEST PRESS**



**02: DUAL VECTOR REVERSE THROW**



**03: MONSTER WALK**



**04: WRIST PRONATION**



**05: ALL 4's ARM AND LEG STABILIZATION**



**06: RESISTED PUSH**



**07: RESISTED LATERAL LUNGE**



**08: SIDE PLANK WITH EXTERNAL ROTATION**



**09: FRONT SQUAT**



**10: ANKLE UP AND OUT**

Recovery Exercise Series

**ELEVATED WITH CLX<sup>™</sup>**



01: CHEST PRESS



Place each hand in a loop at the ends of the CLX. You can choose to do this exercise with an open grip or closed grip.



Keeping your hands at chest level, begin pushing hands straight forward until they are fully extended in front of you at chest level. Hold briefly and then return to starting position.

**Proven Science, Trusted Performance.**

Recovery Exercise Series

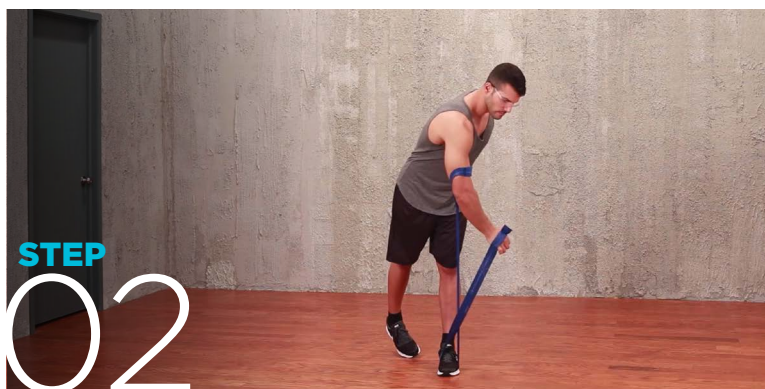
# ELEVATED WITH CLX<sup>™</sup>



STEP

01

Begin by placing your foot in the middle Easy Grip Loop<sup>™</sup> of your CLX. Wrap the last Easy Grip Loop around your upper arm and grasp the other end in your hand.



STEP

02

Lift your hand upward and outward as if you were cocking your shoulder to throw a ball. Slowly allow your throwing arm to come down across your body as if you were throwing a ball.

**Proven Science, Trusted Performance.**



Recovery Exercise Series

# ELEVATED WITH CLX<sup>™</sup>



03: MONSTER WALK



Place your feet through the Easy Grip Loops<sup>™</sup> so that you are anchoring the CLX at your thighs, above your knees. Be sure there is one seal between your thighs. Hold the rest of the CLX in both hands and place hands on your hips. You should be in an athletic stance with knees and hips slightly bent.



Step laterally against the CLX while keeping your back straight. Step back into starting position and repeat, going the opposite direction.

**Proven Science, Trusted Performance.**

Recovery Exercise Series

**ELEVATED WITH CLX<sup>™</sup>**



**04: WRIST PRONATION**



**STEP 01**

While seated in a chair, place your foot inside an Easy Grip Loop<sup>™</sup>. Stabilize your forearms by placing them flat on your thighs with your fist facing upward (thumb on the outside). Place your thumb into the Easy Grip Loop with your fist facing up.



**STEP 02**

Turn your wrist toward the center of your body so that your fist is now facing down. Be sure that you are only moving your hand and wrist, and that your forearm stays in a static position. Hold briefly, and slowly return to starting position.

**Proven Science, Trusted Performance.**

Recovery Exercise Series

**ELEVATED WITH CLX<sup>™</sup>**



Place each foot into an Easy Grip Loop<sup>™</sup> with one loop in between feet. Begin on your hands and knees.



Then place each hand into the last Easy Grip Loop on either side.



Extend your leg until your knee is straight and parallel to the floor while stabilizing the CLX with your opposite hand and foot. Slowly return and repeat on the other side. Keep your head and neck in a neutral position throughout the exercise.

**Proven Science, Trusted Performance.**



Recovery Exercise Series

# ELEVATED WITH CLX<sup>™</sup>



06: RESISTED PUSH



Begin by stepping on the middle Easy Grip Loop<sup>™</sup> of the CLX.



Grasp the ends of the CLX loops in your hands. Step forward with your opposite foot as you raise your hands into a “blocking” position.

**Proven Science, Trusted Performance.**



Recovery Exercise Series

# ELEVATED WITH CLX<sup>™</sup>



STEP

01

Begin by anchoring your CLX to a door anchor or have your partner hold the ends of the CLX to stabilize it out to your side. Wrap the middle of the CLX around your waist.



STEP

02

Step out to the side away from the CLX and slowly return. Keep your trunk upright.

**Proven Science, Trusted Performance.**

Recovery Exercise Series

# ELEVATED WITH CLX<sup>™</sup>



Begin by laying on your side on a padded surface. Place each hand in an Easy Grip Loop<sup>™</sup> at the desired distance to create appropriate resistance during the exercise.



Resting on your bent arm, directly below your shoulder, lift hips off ground, engaging core to stabilize you. With the opposite arm close to your side and elbow bent at 90°, rotate your open hand outward until you can rotate no further. Hold briefly and return to starting position. Repeat on other side.

**Proven Science, Trusted Performance.**

Recovery Exercise Series

# ELEVATED WITH CLX<sup>™</sup>



09: FRONT SQUAT



STEP

01

Begin standing with your feet hip-width apart. Place feet in the last Easy Grip Loop<sup>™</sup> on each end of the CLX. Cross your arms in front of you as you place the middle of the CLX around your hands.



STEP

02

Maintain your arms with elbows bent at shoulder level as you slowly squat, until your thighs are parallel to the floor. Keep your back and neck in a neutral position.

**Proven Science, Trusted Performance.**



Recovery Exercise Series

**ELEVATED WITH CLX<sup>™</sup>**



10: ANKLE UP AND OUT



Begin by sitting on a padded surface with both legs extended in front of you. Place your feet into the Easy Grip Loops<sup>™</sup> with one seal in between your feet.



While one foot remains static lift the other toes, keeping your heel on the ground. Turn your foot with toe lifted outward and against the resistance of the CLX. Hold briefly and slowly return to your starting position.