THERABAND®

FlexBar®
EXERCISE AND TREATMENT GUIDE

THERABAND
Trusted Progression™ System

Proven Science, Trusted Performance.

THERABAND®

What is FlexBar®?

DESIGNED & MADE IN THE USA

FlexBar® is a lightweight, easy-to-grip, portable resistance exerciser. It is engineered for wrist, forearm and shoulder strengthening and recovery.

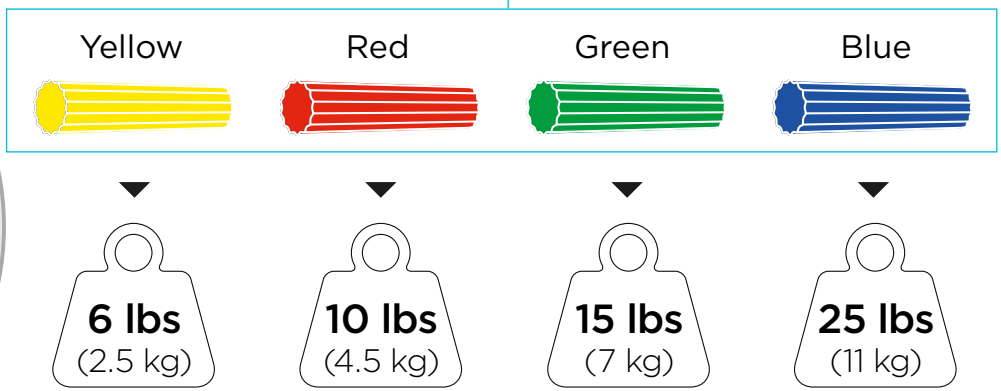
How can I use FlexBar® in my practice?

- **Strengthening:** improves grip, wrist, shoulder and thumb strength
- **Oscillation:** allows oscillation movements for the elbow and shoulder for neuromuscular training and balance training
- **Mobilization:** provides soft tissue mobilization and joint mobilization for the hand, neck, foot, fingers and toes

What type of material is FlexBar®?

FlexBar® is made from dry natural rubber. Each bar is 12 inches long, with resistance levels that increase with each of **four color-coded diameters**.

Four progressive resistance levels in the THERABAND Trusted Progression™ System



Represents typical values.

FlexBar® – EXERCISE AND TREATMENT

Proven Performance: Clinicians worldwide utilize FlexBar® for the following rehabilitation exercises.

TYLER TWIST

Tennis elbow

Treatment: *Lateral epicondylitis*
Eccentric contraction of wrist extensors to increase forearm and wrist strength for lateral elbow pain treatment.

STEP 1 Hold FlexBar® upright with hand of injured arm, wrist extended.

STEP 2 While holding bar, grasp FlexBar® as shown with opposite hand.

STEP 3 Twist FlexBar® by flexing non-injured wrist.

STEP 4 Bring arms forward with elbows extended while maintaining twist in FlexBar®.

STEP 5 Slowly untwist FlexBar® by allowing injured wrist to move as it unwinds.

REVERSE TYLER TWIST

Golfers elbow

Treatment: *Medial epicondylitis*
Eccentric contraction of the wrist flexors and pronators for medial elbow pain treatment.

STEP 1 Bend injured elbow and hold FlexBar® parallel to the ground.

STEP 2 Lift opposite elbow upward and rotate forearm so palm faces away from body.

STEP 3 Grasp FlexBar® with non-injured hand facing away from the body and downward.

STEP 4 Twist FlexBar® with non-injured arm as you stabilize the inured arm.

STEP 5 Hold both wrists steady as you extend both elbows in front of you. The wrist on your injured side should be flexed toward you, and the other wrist extended.

STEP 6 Slowly untwist the FlexBar® with the injured side while maintaining tension with the non-injured side.

THERABAND®

SHOULDER OSCILLATION

Shoulder rehabilitation

Treatment: Increase muscle activity and restore muscle balance in different shoulder positions and planes of oscillation.

STEP 1 Stand with feet shoulder-width apart, arms alongside body. Back and trunk remain straight with belly button in tight. Knees are "loose" – not hyperextended.

STEP 2 With one hand, grasp the end of a FlexBar® and lift that arm into flexion in front of body, with hand grip at the base of the FlexBar® and arm just below shoulder height.

STEP 3 Oscillate FlexBar® for 20-30 seconds. Rest and repeat.

WRIST FLEXION INLINE

Wrist pain

Treatment: Strengthen the wrist and finger flexors (forearm).

STEP 1 Grasp FlexBar® vertically with both hands, elbows bent in front of body, palms facing trunk. Both hands squeeze FlexBar® to hold a tight grip.

STEP 2 With hand of wrist to be exercised (top one in picture), push against FlexBar® to curl palm in toward elbow. Other fist stabilizes against the motion. Hold for 2-3 seconds. Slowly return to starting position (neutral). Repeat.

Evidence-based results

THERABAND® products are backed by more than 800 evidence-based research articles and references with quantifiable, proven results. Below are examples of FlexBar®-specific research.

Muscle activity of upper extremity increases during oscillation exercise using FlexBar®

Page P et al., 2004

Summary: Using surface electromyography, this study investigated the muscle activation of the upper extremity during a THERABAND® FlexBar® oscillatory exercise in different shoulder positions and planes of oscillation.

Results: The scapular muscles exhibited the highest activation in the scaption/sagittal condition, suggesting that this condition be used in the rehabilitation of scapular stabilizers. The ratio between lower trap and upper trap activation demonstrated values of 1.6 to 2.3, indicating the flexion position may be optimal for improving this ratio.

Breakthrough strength training with FlexBar® may help treat tennis elbow

Tyler TF et al., 2010

Summary: In the study, one group of patients with tennis elbow received traditional physical therapy, while the other received traditional physical therapy with the addition of the "Tyler Twist" eccentric exercise using THERABAND® FlexBar®.

Results: The patient group utilizing the Tyler Twist exercise in their treatment plan reported an 81% improvement in elbow pain and a 72% improvement in strength, while the control group showed little or no improvement.

Treating medial elbow pain diagnosed as golfer's elbow using FlexBar®

Hogan, D et al., 2014

Summary: Twenty patients with medial elbow pain diagnosed as golfers elbow were followed in this study. All the patients had failed previous conservative treatments such as medication, injections and physical therapy.

Results: A FlexBar® exercise prescription of three sets of 15 repetitions daily for approximately six weeks appeared to be an effective treatment in the majority of patients who had already failed a previous intervention for this disorder.

"The use of the THERABAND® FlexBar® in concert with a physical therapy treatment regimen for wrist extensor strengthening is effective in reducing pain and improving wrist and forearm strength. We use the FlexBar® regularly in our clinic and for the treatment and training of elite level tennis players at tennis facilities around the world."

– Todd S. Ellenbecker, PT, DPT, MS, CSCS, FAPTA
Director of Shoulder Rehabilitation & Director of Clinical Research and Publication

Scan the QR code to view these and other articles.

THERABAND®

THERABAND.COM