

**exercise therapy & pain relief kit**

**shoulder exercise guide**

Cando® products offer an effective way to exercise at home or to complement your in-clinic therapy. Point Relief™ ColdSpot™ topical analgesics are ideal for fast temporary relief from minor aches. The Be Better™ kits combine these great products in one convenient and affordable package. Use ColdSpot™ analgesic spray before and after workout to help reduce minor pain and soreness.



**kit (10-5160) contents:**

- Cando® 48" yellow band (10-5601)
- Cando® shoulder pulley (50-1023)
- ColdSpot™ 2 oz. spray (11-0700-1)

**Be Better™ therapy kits combine Cando® exercisers with Point Relief™ ColdSpot™ pain relievers.**

**Safety Precautions**

Always consult your healthcare provider before beginning any exercise or therapy program. Follow the safety guidelines in this booklet while exercising. If you experience dizziness, trouble breathing, or an increase in pain, stop and contact your healthcare provider.

**Precautions for Exercise Tubing, Bands and Loops**

- CAUTION: Cando® exercise bands, tubing and loops contain natural rubber latex which may cause allergic reactions. *Latex-free Cando® exercise products are available separately. Please contact your local Cando® dealer for details.*

- Use caution when using elastic band products to protect your eyes and to prevent the bands from snapping back towards your face or other people.

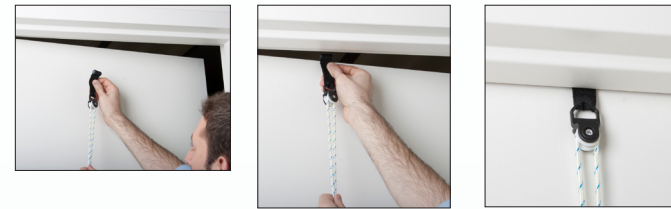
- Use Cando® products with exercises described in this booklet or by your healthcare provider.

- Check your Cando® band, tubing or loop for nicks, tears or punctures. Discard product if any are found.

**Precautions for ColdSpot™ pain relieving spray and roll-on**

- Refer to ColdSpot™ product label on bottle and read carefully before use.
- Keep out of reach of children
- Do not apply to open wounds or damaged skin; avoid contact with eyes.

**How to use the Cando® shoulder pulley**



Place the nub of the pulley on the other side of the door jamb at the top of the door.

Close and lock the door to secure pulley.

**Some basic flexibility and strengthening exercises are listed in this section. Consult your healthcare provider for the exercises and program that are right for you.**

- Perform all exercises slowly.
- Flexibility and stretching exercises can be performed before and after strengthening exercises. Hold each stretch for 10-15 seconds. Perform 3-4 reps.
- Strengthening exercises during rehabilitation should be performed at a light to moderate intensity for 2-3 sets of 10 to 15 reps.



**Neck stretch**

Sit upright in chair with one hand on your head and the other behind your shoulder. Gently pull your head down and away from the hand behind your shoulder. Slowly return to start position.



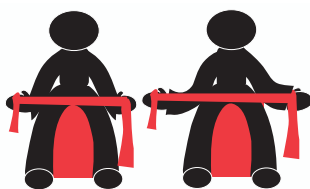
**Pectoral stretch**

Sit in a chair and clasp your hands together behind the chair. Slowly reach upward while keeping your elbows straight.



**Side bend**

Stand on band at mid-length, with both feet and grip both ends. Lean your side towards side you are stretching. Hold and slowly return.



**Shoulder external rotation**

Grip one end of band in one hand and the middle of the band in the other hand. Gradually rotate your forearms outward away from your body, keeping your elbows bent and at your side. Hold and slowly return. Keep your head and trunk upright, and wrist straight.

**Reverse fly with band**

Hold end of band in one hand and the middle of the band in the other. Start with your arms extended in front of you and gradually rotate your arms outward at shoulder level, keeping your elbows straight. Hold stretch and slowly return. Keep your head and trunk upright.

**Overhead press**

Stand with middle of band under one foot. Put other foot to the side and slightly behind front foot. Grip ends with palms facing out, elbows bent and at shoulder height. Gradually extend elbows, pushing band upward. Keep trunk upright and do not lean back or extend neck. Hold and slowly relax to start position.



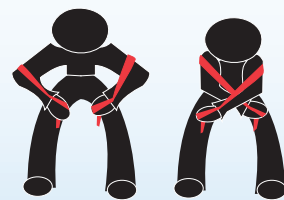
**Shoulder abduction with band**

Stand near end of band with one foot with the other foot positioned shoulder length apart. Grip other end of band at your side. Keeping your elbow straight and palm facing forward slowly lift your arm outward from your side until it reaches shoulder level. Hold and slowly return.



**Shoulder scapation with band**

Stand near end of band with one foot with the other foot positioned shoulder length apart. Grip other end of band at your side below your waist. Keeping your elbow straight and palm facing forward slowly lift your arm outward and slightly forward (30 degrees) from your side until it reaches shoulder level. Hold and slowly return.



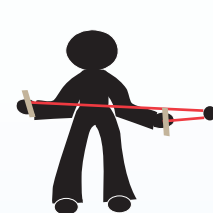
**Cross arm stretch**

Wrap the band around your upper back and shoulders holding both ends at your waist, with elbows bent and slightly abducted shoulders. Slowly stretch the band inward crossing forearms. Hold and slowly return.



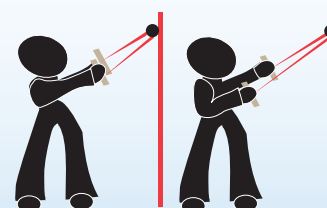
**Internal rotation with pulley**

Secure the pulley to the top of a door. Stand with your side to door. With arm closest to door hold handle above shoulder; with other arm hold handle behind hip. Slowly lower raised arm which will cause arm behind hip to rise. Hold stretch then return.



**External rotation with pulley**

Secure the pulley in a door at elbow height. Hold both handles with your elbows bent at your sides with hands in front. Slowly rotate the arm furthest from the door outward keeping elbow at your side.



**Shoulder flexion with pulley**

Secure the pulley in door jamb on top of door. Stand or sit facing door. Pull down with your unaffected arm which will stretch the other arm above your head. Return to start and repeat. To increase the range of motion, face away from the door.

**be better™ exercise therapy & pain relief kit**

Fabrication Enterprises Inc.  
 PO Box 1500  
 White Plains, New York (USA)  
 tel: 914-345-9300 800-431-2830  
 fax: 914-345-9800 800-634-5370

www.Fab-Ent.com  
 info@Fab-Ent.com

Authorized CE Representative:  
 RMS UK Ltd.  
 28 Trinity Road  
 Nailsea, Somerset BS48 4NU  
 United Kingdom



See the full line of Cando® exercise products at [www.Fab-Ent.com](http://www.Fab-Ent.com)



See the full line of Point Relief™ ColdSpot™ and HotSpot™ topical analgesic sprays and gels at [www.Fab-Ent.com](http://www.Fab-Ent.com)

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