



**combine exercise therapy with
topical pain relief in convenient kits**

- for home exercise programs and individual patient use
- includes CanDo® exercise products to increase strength and range-of-motion and Point Relief® pain relieving topical analgesic to increase comfort
- designed to target specific areas

Be Better® general rehab & pain relief kits



light kit

light kit includes

4' yellow & red CanDo® bands, 10-5161 12.50
2 oz ColdSpot™ spray

moderate kit includes

4' red & green CanDo® bands, 10-5162 12.50
2 oz ColdSpot™ spray

Be Better® targeted rehab kits



lower body kit

lower back kit includes

4' red tubing w/ handles, door anchor, 10-5165 25.00
2 oz ColdSpot™ spray

neck kit includes

4' red tubing w/ handles, 15" red loop, 10-5167 32.50
door anchor, 2 oz ColdSpot™ spray

knee/hip kit includes

10" and 15" red loop, 3 oz ColdSpot™ roll-on 10-5168 17.50

hand/wrist kit includes

4' red tubing w/ handles, door anchor, 10-5169 37.50
red Twist-n-Bend® bar, 3 oz ColdSpot™ roll-on

lower body kit includes

5' blue exercise tube, loop stirrup, door anchor 10-5163 17.50
1 pair adjustable foam handles

Be Better® shoulder rehab & pain kits



shoulder kit 1

shoulder kit 1 includes

4' yellow CanDo® band, 10-5160 22.50
CanDo® shoulder pulley, 2 oz ColdSpot™ spray

shoulder kit 2 includes

4' red tubing w/ handles, door anchor, 10-5166 27.50
3 oz ColdSpot™ roll-on

**For additional information on Point Relief®
Pain Relieving Topical Analgesic
products, see page 97**

CanDo® band and tubing offered in the Be-Better® kits contain natural rubber latex which may cause allergic reactions