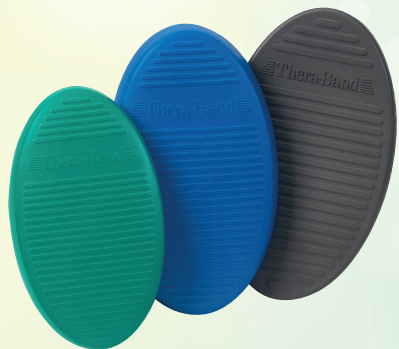


Øvelser med TheraBand Stabil træner



 **THERABAND™**

Lower Body: Hip, Knee, Foot & Ankle

BILATERAL (2-LEG) BALANCE

Standing on both, feet, balance on the Stability Trainers. Maintain balance. Use support as needed.

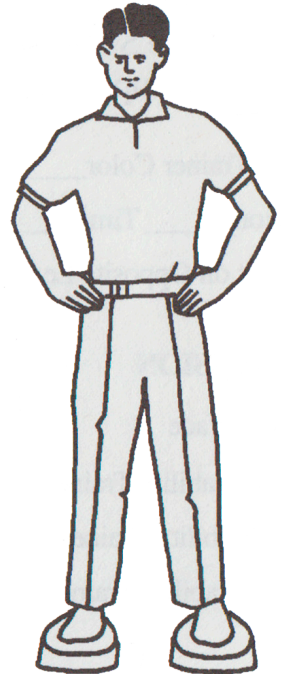
Stability Trainer Colour _____

Peptitions _____

Time _____

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



BILATERAL CALF RAISES

Standing on both, feet, balance on the Stability Trainers. Rise up on toes and slowly return. Use support as needed.

Stability Trainer Colour _____

Peptitions _____

Time _____

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



Lower Body: Hip, Knee, Foot & Ankle

UNILATERAL (1-LEG) BALANCE

Standing on RIGHT or LEFT leg.

Balance on the Stability Trainer.

Maintain balance.

Use support as needed.

Stability Trainer Colour _____

Peptitions _____

Time _____ Repeat on Opposite Leg

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



UNILATERAL CALF RAISES

Standing on RIGHT or LEFT leg.

Balance on the Stability Trainer.

Rise up on toes and slowly return. Use support as needed.

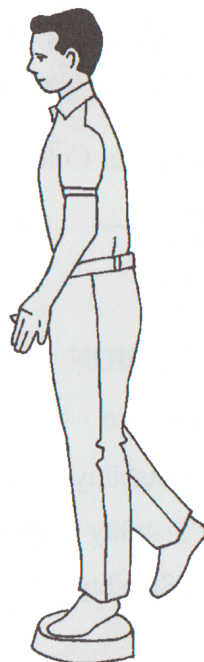
Stability Trainer Colour _____

Peptitions _____

Time _____ Repeat on Opposite Leg

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



Lower Body: Hip, Knee, Foot & Ankle

UNILATERAL (1-LEG) BALANCE

Standing on RIGHT or LEFT leg.
Balance on the Stability Trainer.
Maintain balance while slowly extending
opposite leg. Use support as needed.

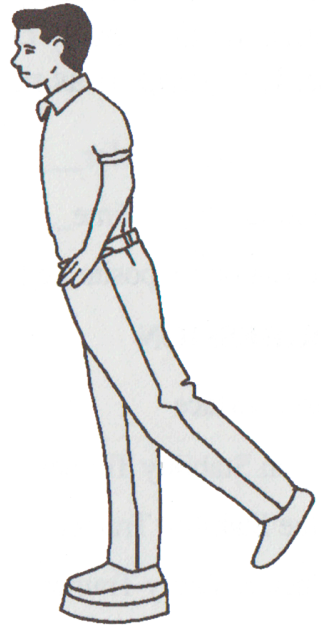
Stability Trainer Colour _____

Peperitions _____

Time _____ Repeat on Opposite Leg

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



UNILATERAL BALANCE WITH HIP FLEXION

Standing on RIGHT or LEFT leg. Balance on the
Stability Trainer. Maintain balance while slowly
flexing opposite hip. Use support as needed.

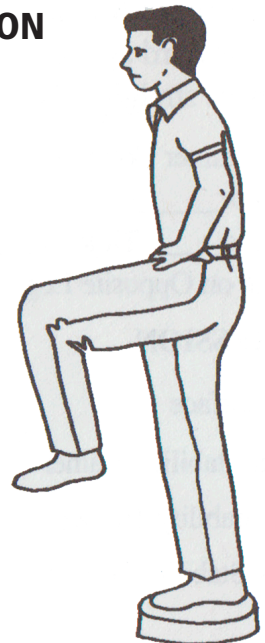
Stability Trainer Colour _____

Peperitions _____

Time _____ Repeat on Opposite Leg

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



Lower Body: Hip, Knee, Foot & Ankle

UNILATERAL BALANCE WITH KNEE FLEXION

Standing on RIGHT or LEFT leg. Balance on the Stability Trainer. Maintain balance while slowly bending opposite knee. Use support as needed.

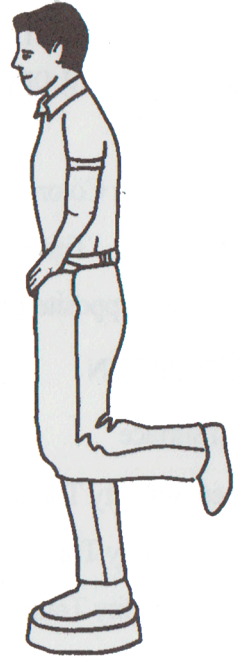
Stability Trainer Colour _____

Peperitions _____

Time _____ Repeat on Opposite Leg

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



THERABAND KICKS (ABDUCTION)*

Standing on RIGHT or LEFT leg. Balance on the Stability Trainer. Maintain balance while slowly kicking outward against the band with opposite leg. Keep knees straight. Use support as needed.

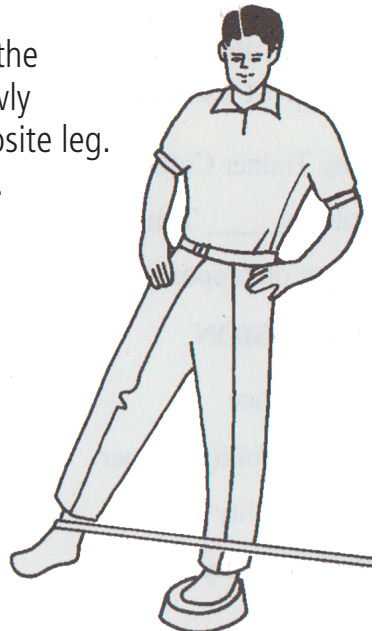
Stability Trainer Colour _____ Band color _____

Peperitions _____

Time _____ Repeat on Opposite Leg

PROGRESSION

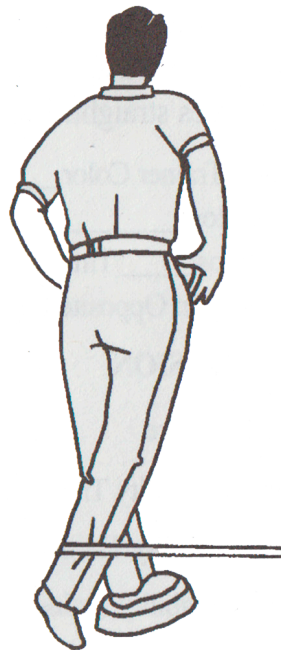
- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



Lower Body: Hip, Knee, Foot & Ankle

THERABAND KICKS (ADDUCTION)*

Standing on RIGHT or LEFT leg. Balance on the Stability Trainer. Maintain balance while slowly kicking inward against the band with opposite leg. Keep knees straight. Use support as needed.



Stability Trainer Colour _____ Band color _____

Peptitions _____

Time _____ Repeat on Opposite Leg

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer

THERABAND KICKS (ADDUCTION)*

Standing on RIGHT or LEFT leg. Balance on the Stability Trainer. Maintain balance while slowly kicking backward against the band with opposite leg. Keep knees straight. Use support as needed.



Stability Trainer Colour _____ Band color _____

Peptitions _____

Time _____ Repeat on Opposite Leg

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer

* TheraBand exercise Bands sold separately

Lower Body: Hip, Knee, Foot & Ankle

THERABAND KICKS (FLEXION)*

Standing on RIGHT or LEFT leg. Balance on the Stability Trainer. Maintain balance while slowly kicking forward against the band with opposite leg. Keep knees straight. Use support as needed.

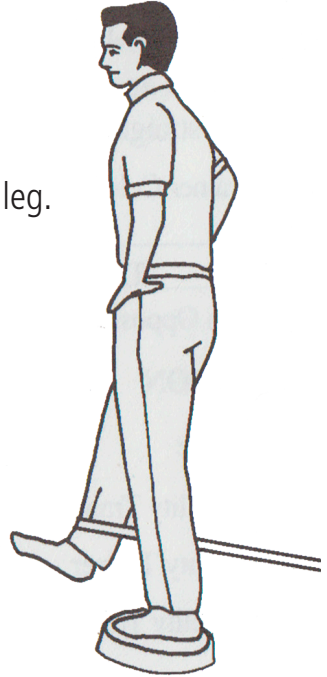
Stability Trainer Colour _____

Repetitions _____

Time _____ Repeat on Opposite Leg

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



STATUE OF LIBERTY*

Standing on RIGHT or LEFT leg. Balance on the Stability Trainer. Maintain balance while oscillating Flexbar. Use support as needed.

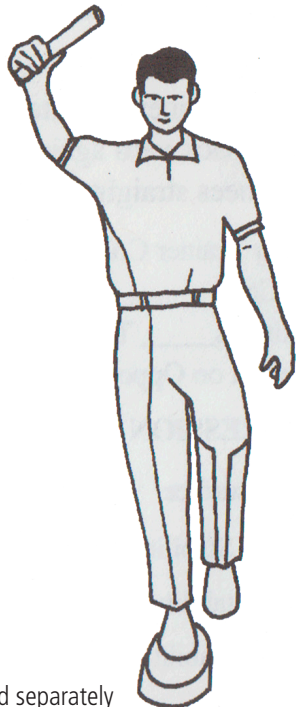
Stability Trainer Colour _____ Flexbar color _____

Repetitions _____

Time _____ Repeat on Opposite Leg

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



* TheraBand exercise Bands and FlexBar sold separately

Lower Body: Hip, Knee, Foot & Ankle

BILATERAL MINI-SQUAT

Standing on both leg. Balance on the Stability Trainer. Maintain balance while slowly bending at the hips and the knees about 30°. Keep back straight. Use support as needed.

Stability Trainer Colour _____

Peperitions _____

Time _____

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



UNILATERAL MINI-SQUAT

Standing on RIGHT or LEFT leg. Balance on the Stability Trainer. Maintain balance while slowly bending and at the hips and the knees about 30°. Keep back straight. Use support as needed.

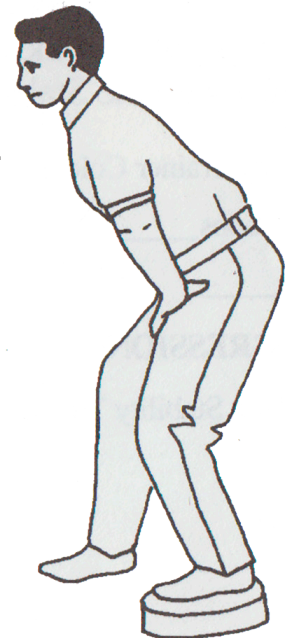
Stability Trainer Colour _____

Peperitions _____

Time _____ Repeat on Opposite Leg

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



Lower Body: Hip, Knee, Foot & Ankle

THERABAND TKE'S (TERMINAL KNEE EXTENSIONS)*

Standing on RIGHT or LEFT leg. Balance on the Stability Trainer. Maintain balance while slowly bending and straightening knee against band. Use support as needed.

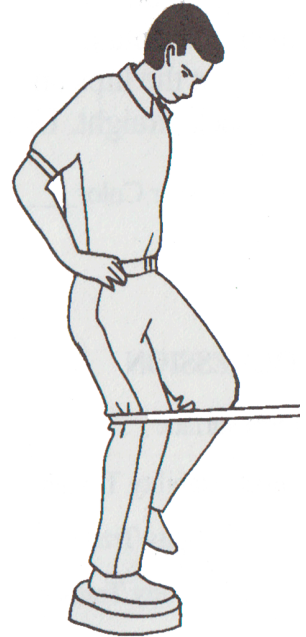
Stability Trainer Colour _____ Band color _____

Peperitions _____

Time _____ Repeat on Opposite Leg

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



ANKEL RANGE OF MOTION

Sitting with the Stability Trainer under your RIGHT or LEFT foot, move your toes up and down, bending at the ankle joint. Maintain contact with the Stability Trainer at all times.

Stability Trainer Colour _____

Peperitions _____

Time _____ Repeat on Opposite leg

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



Functional activities

SIT-TO-STAND

Sit near edge of chair with the Stability Trainers under each foot. Lean forward and slowly stand up, maintaining balance. Return to sitting. Use support as needed.

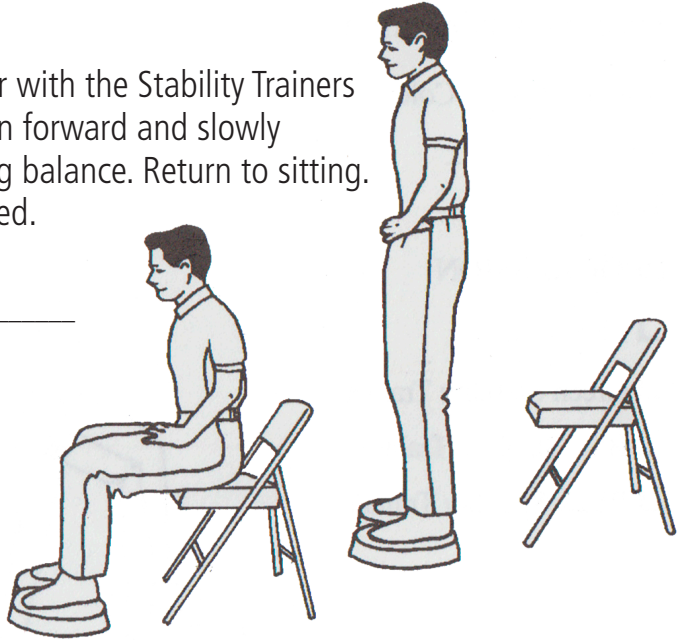
Stability Trainer Colour _____

Peptitions _____

Time _____

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



FORWARD REACH

Standing on both legs. Maintain balance while slowly bending at the waist to reach forward. Use support as needed.

(Use this exercise with caution!)

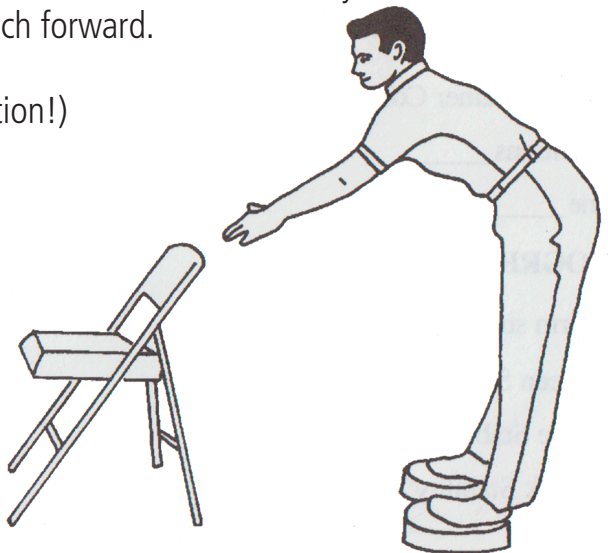
Stability Trainer Colour _____

Peptitions _____

Time _____

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



Functional activities

STEP-UP

Place stability Trainer on a small step.
Using RIGHT or LEFT leg, step onto the
Stability Trainer. Maintain balance while
extending knee. Slowly return.
Use support as needed.

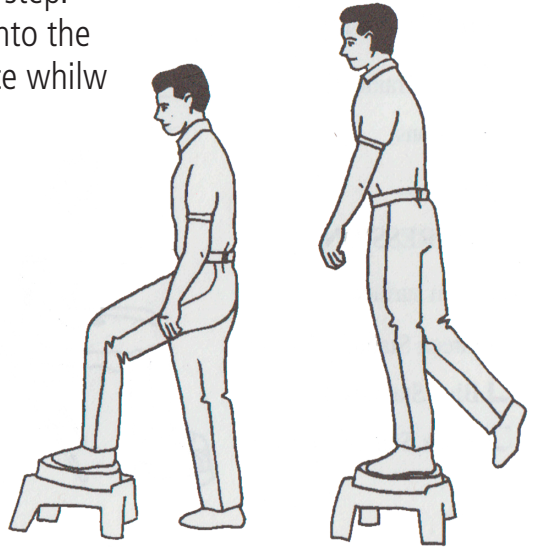
Stability Trainer Colour _____

Repetitions _____

Time _____

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



LUNGE

Place stability Trainer in front of you. Using RIGHT or LEFT leg,
step onto Stability Trainer. Maintain balance while lunging
down. Keep back straight. Slowly return.
Use support as needed.

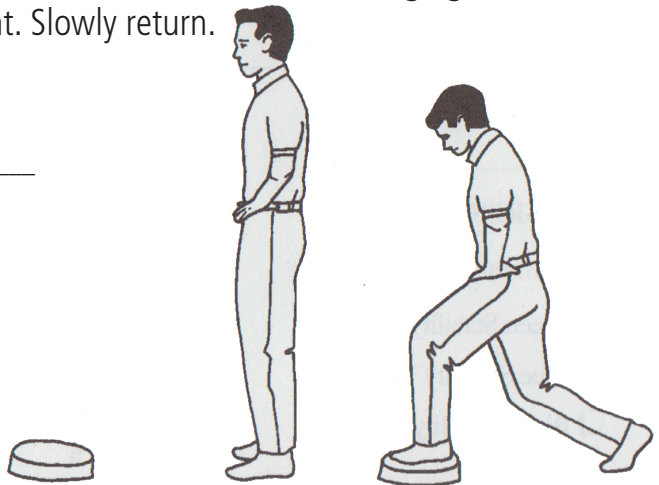
Stability Trainer Colour _____

Repetitions _____

Time _____

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



Functional activities

GOLF SWING

Stand on the StabiTrainer with both legs while practicing golf swing motion. Use support as needed.



Stability Trainer Colour _____

Repetitions _____

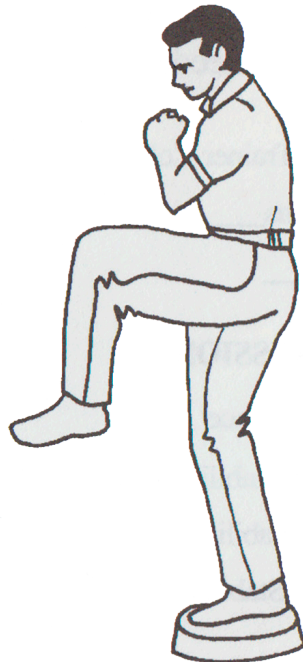
Time _____

PROGRESSION

- Firm surface
 - Green Stability Trainer
 - Blue Stability Trainer
 - Black Stability Trainer
-

BASEBALL PITCH

Stand on the StabiTrainer while practicing baseball pitching motion. Use support as needed.



Stability Trainer Colour _____

Repetitions _____

Time _____

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer

Functional activities

SOCCER KICK

Stand on the StabiTrainer while practicing soccer kicking motion. Use support as needed.

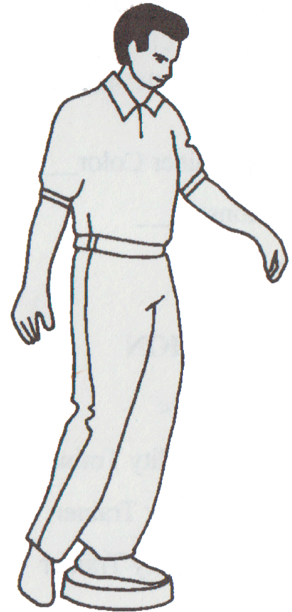
Stability Trainer Colour _____

Repetitions _____

Time _____

PROGRESSION

- Firm surface
 - Green Stability Trainer
 - Blue Stability Trainer
 - Black Stability Trainer
-



TENNIS SWING

Stand on the StabiTrainer with both legs while practicing tennis swing motion. Use support as needed.

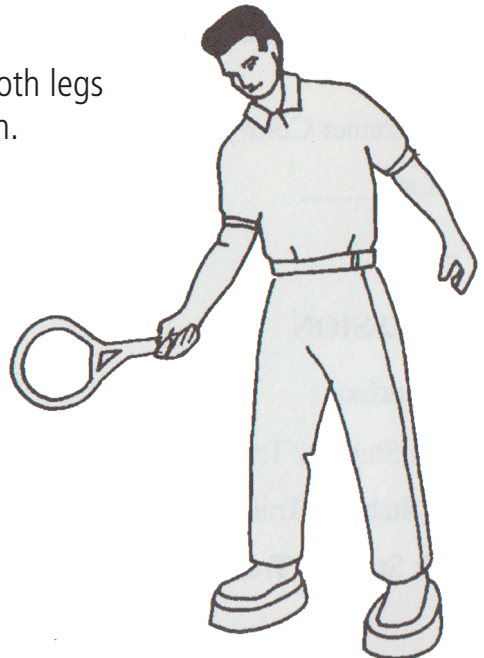
Stability Trainer Colour _____

Repetitions _____

Time _____

PROGRESSION

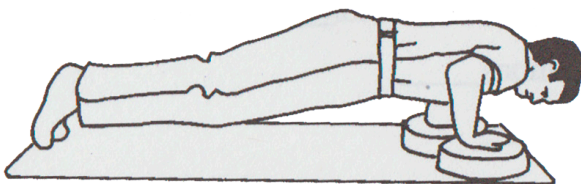
- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



Upper Body: Shoulder, Elbow, Hand & Wrist

PUSH-UPS

Perform push-ups while balancing hands on Stability Trainer. Keep back straight



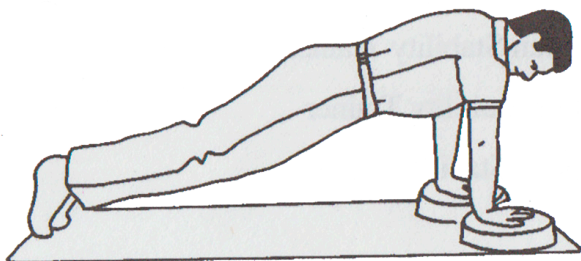
Stability Trainer Colour _____

Peptitions _____

Time _____

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



PRESS-UPS

Place a Stability Trainer under each hand. Perform press-ups while balancing on the hands. Extend elbows, keeping feet stationary on the ground.



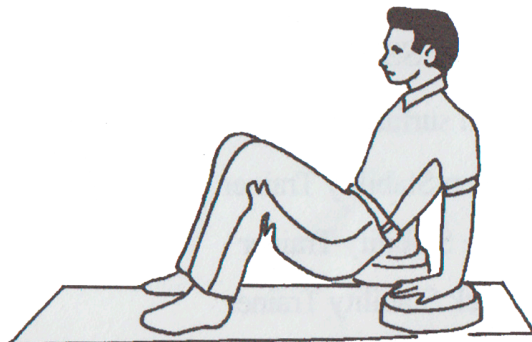
Stability Trainer Colour _____

Peptitions _____

Time _____

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



Trunk : Abdominals & Back

ABDOMINAL CURLS

Place the Stability Trainer under the tail bone and low back.
Perform a curl-up, keeping knees flexed and feet on the ground.
Slowly return.

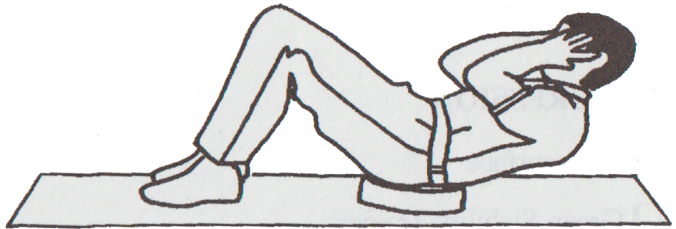
Stability Trainer Colour _____

Peperitions _____

Time _____

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



PRONE PRESS-UP

Lie prone (face down) Place the stability trainers under both forearms.
Raise hips and knees off ground.
Keep back and knees straight.

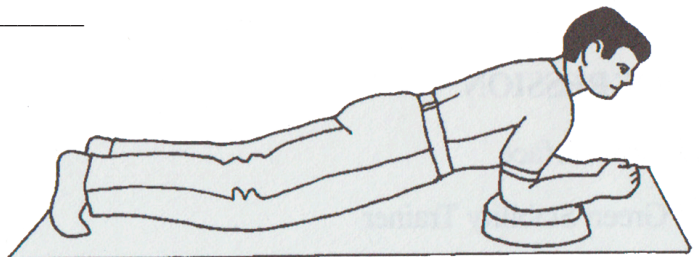
Stability Trainer Colour _____

Peperitions _____

Time _____

PROGRESSION

- Firm surface
- Green Stability Trainer
- Blue Stability Trainer
- Black Stability Trainer



Trunk : Abdominals & Back

□ QUADRUPED ARMS & LEGS

Using the Stability Trainers, get into hands-and knees position. Keeping back straight, slowly extend the right arm and Left leg. Slowly return and repeat with opposite arm and leg.

