



Theraband Resistance bands are continuous rolls of 10cm wide natural rubber latex in 1.5m or 5.5m lengths, and 3 levels of resistance (light, medium, heavy).

Elastic, resistive exercised bands are used in simple and effective exercise programs to strengthen muscles and increase endurance. Resistance exercise programs are used in the rehabilitation of muscle and joint injuries, allowing the individual to gradually increase the intensity as strength & endurance improves.

Therabands can be cut to length and tied into loops for particular mobility exercises or used with Resistance Band Clips or Door Anchors for resistance exercises.

