

RESISTIVE EXERCISE TUBING



Very often physical therapy involves the use of resistive exercise tubing. Your physical therapist will instruct you on the proper use of the resistive exercise tubing. However, take caution by following these useful tips.

Please be aware that resistive tubing contains latex.

WARNING: Resistive tubing can cause serious injury when not used properly. Use resistive exercise tubing only upon the recommendation and under the direction of trained, licensed healthcare professionals. Do not use the resistive exercise tubing in any manner that may cause it to snap towards the head and cause injury to the eyes. Resistive exercise tubing is not a toy. Adult supervision is required at all times when children are exercising with resistive exercise tubing.

Safety Precautions and Maintenance:

Always examine the resistive exercise tubing before use for nicks, small tears or punctures that may cause the tubing to break. If you find any flaws upon examination, discard the tubing and replace with a new length of resistive exercise tubing before performing any exercises.

Store your resistive exercise tubing at room temperature in a box or hang it in a dark area. Do not store resistive exercise tubing in direct sunlight.

Protect your resistive exercise tubing by keeping it away from sharp objects. Remove rings before using. Be aware of sharp fingernails.

For exercises that are using chlorinated water, special care is needed to maintain the tubing. After use in chlorinated water rinse the tubing thoroughly in tap water to remove any traces of chlorine. Allow tubing to air dry completely and then dust with talcum powder.

Practical Tips for using Resistive Exercise Tubing:

- When tying resistive exercise tubing, use a bow or knot. Tying a half bow is recommended, leaving one long end for the loop. Always make sure that the knot is secure before exercising. Resistive exercise tubing is easy to untie.
- When exercising, try to maintain the natural width of the resistive exercise tubing whenever possible. This will prevent the resistive exercise tubing from sliding up the legs, digging into hands, or otherwise becoming uncomfortable to use.
- Men particularly should wear long socks to help keep resistive exercise tubing from pulling leg hair.

Printed Name of Patient

Signature of Patient/Legal Guardian/Guarantor (if under 18)

Date