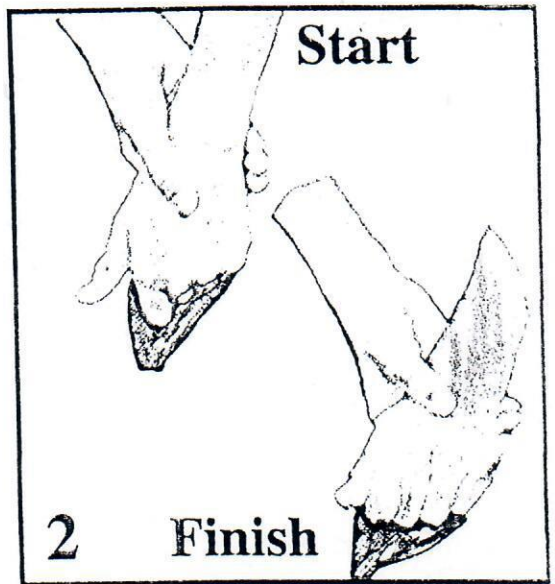




1 Place tube under foot adjusting tension. Grab tubing palm upward. Stabilize wrist and hand with opposite hand -curl fingers and wrist upwards

2 Place tube under foot adjusting tension. Grab tube with knuckles upward. Stabilize wrist and hand with opposite hand -extend wrist pulling upwards.

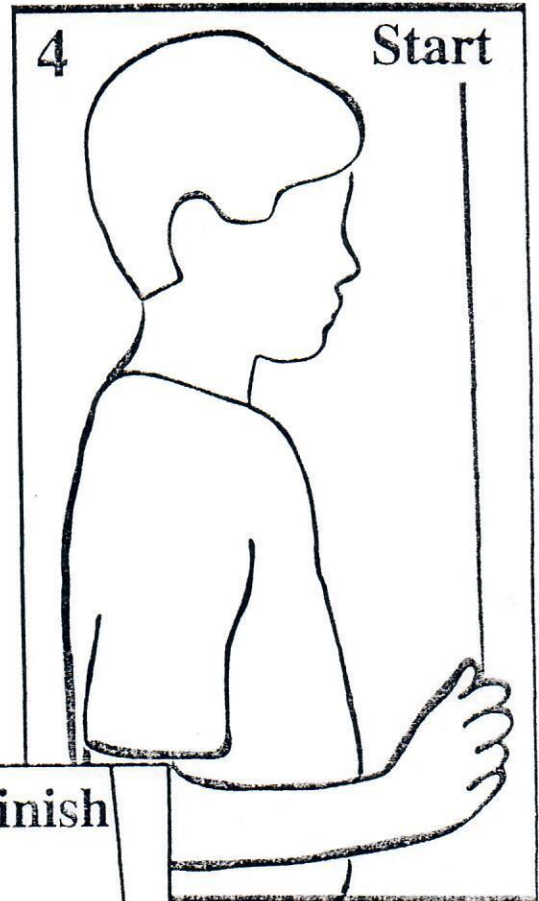
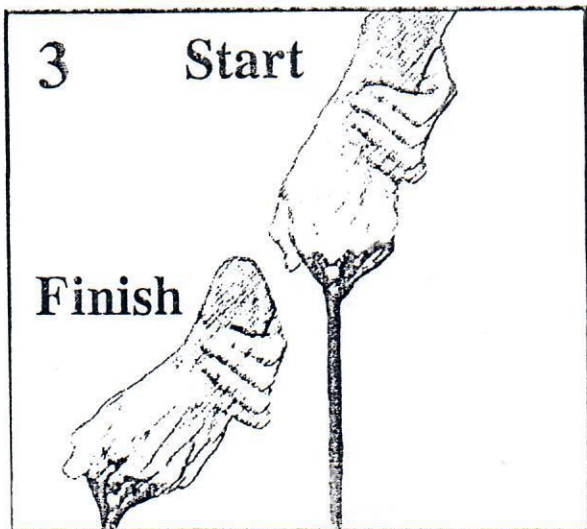


**REMEMBER:
NEVER EXERCISE
INTO PAIN.**

- 1) COMFORTABLE TUBE TENSION
- 2) COMFORTABLE BODY POSITION
- 3) COMFORTABLE RANGE OF MOTION

END WITH ICE

3 Place tube adjusting tension under foot. Grab tube with thumb upwards. *stabilize hand and wrist with opposite hand.



4 Place tube over door start thumb up finish by pushing thumb pointing down.