# THERABAND™

# 使用說明 Instruction Manual

## 簡介
## Introduction

Thera-Band練力帶作為漸進式阻力訓練始祖已超過25年，經科研實證它有效增強肌力、活動能力及減少關節痛1,2,3。使用Thera-Band可達到復康、改善長者生活、增強運動表現及輔助治療慢性疾病，用途廣泛。它用採用天然乳膠製造，並以不同顏色代表阻力級數，有效循序漸進達到訓練目的。

Recognized as the original system of progressive resistance for over 25 years, Thera-Band® elastic resistance has been proven to increase strength, mobility and function, as well as reduce joint pain[1,2,3]. Evidence-based exercise programs utilizing Thera-Band bands rehabilitate injuries, improve the functional ability of older adults, improve athletic performance, and aid in treating many chronic diseases. Thera-Band® resistance bands are made of natural rubber latex, they are easily recognized by the trademark Thera-Band® colors which provides positive reinforcement and feedback for gauging results.

## 安全須知
## Product Safety

- 確保練力帶在使用前已安全地固定在穩定的物件或裝置上。
- 請勿過度伸展練力帶至超過原本長度的3倍，如12吋(30cm)不可拉至超過36吋(90cm)。
- 不正確使用練力帶可導致受傷。
- 避免進行有可能使練力帶向頭部反彈而令眼睛或頭部受傷之動作。如需進行這些動作，請佩戴眼部護具。
- 完成任何動作後一兩天內肌肉或會感到酸痛。如疼痛持續3-4天，請諮詢醫生或治療師，切勿在疼痛時進行練習。
- 避免練力帶接觸尖物。請在練習前除掉指環。留意指甲是否過長或過尖。
- 使用練力帶訓練前請諮詢您的醫生。
- 你的復康/訓練專員應製訂符合你個人需要及能力的訓練方案。
- Thera-Band練力帶並非玩具；讓小童使用前請諮詢醫生。
- 如你在進行任何練力帶動作時感到劇痛、氣促或暈眩，請立即停止訓練及聯絡你的醫護人員。
- Be sure the resistance band is securely anchored to a sturdy object or attachment before using.
- Do not overstretch bands or tubing by more than 3 times its resting length. Example: a 12” (30 cm) band should not be stretched to more than 36” (90 cm) total length.
- Use of any products described in this manual can cause serious injury when not used properly.
- Avoid exercises that involve stretching the Thera-Band resistance bands or tubing in such a fashion that they may snap toward the head and cause injury to the head or eyes,If these types of exercises are prescribed, protective eyeware should be worn.
- As with any exercise program, muscle soreness may be experienced over the first few days. If your pain should persist for more than 3 or 4 days, consult your physician or therapist. Do not exercise while experiencing pain.
- Protect the Thera-Band resistance band or tubing by keeping it away from sharp objects. Remove rings from the fingers before using the resistance bands or tubing. Be aware of long, sharp fingernails.
- Always consult your physician before beginning an exercise program.
- Your rehabilitation or exercise professional should help develop an individualized program to meet your needs and abilities.
- Thera-Band resistance bands are not toys; consult a physician before allowing children to exercise.
- If you experience sharp pain, shortness of breath, dizziness or lightheadedness with any of these exercises, stop immediately and contact your healthcare provider.

## 實用技巧
## Practical Exercise Tips

- 採用醫生或治療師建議的動作組數及重覆次數。每組之間應稍作休息。
- 進行適當的熱身及緩和運動。
- 動作應可在控制範圍及保持緩慢。你不應該感到難以控制；切勿讓練力帶反彈。
- 呼吸應該保持平穩。在每次用力時呼氣。不要緊閉呼吸。
- 如你能把動作輕鬆完成3組 每組10至15下，請跳至下一個阻力級數。
- Use the band or tubing prescribed by your physician or therapist for the prescribed sets and repetitions. Rest between sets.
- Include proper warm-up and cool-down activities with your elastic resistance training program.
- Perform all exercises in a slow and controlled manner. At no time should you feel “out of control”; Do not allow the band or tubing to snap back.
- Breathe evenly while performing these exercises. Exhale during the more difficult phase of the repetition. Don’t hold your breath.
- Progress to the next color band when you are able to easily complete the 3 sets of 10 to 15 repetitions.

## 保養練力帶
## Caring for Elastic Bands and Tubing

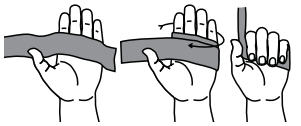
- 請存放在陽光不能直接照射的地方或極端天氣。
- 如練力帶變黏，請以溫和肥皂及水清潔，平放晾乾，然後擦上爽身粉/嬰幼兒爽身粉/玉米粉。
- 經常在使用前檢查練力帶是否有細小裂痕或刺孔等可能使它斷裂的情況。如有發現請棄掉及更換新的練力帶。
- Store all resistance bands and tubing out of direct sunlight and away from extreme temperatures.
- If the bands or tubing becomes sticky, clean with mild soap and water, dry flat, and then dust with talcum powder.
- Always examine the resistance band before use for small nicks, tears, or punctures that may cause the band to break. If you find any flaws, discard the product and replace before performing any exercises.

## 握帶方法
## Handling, Connecting Thera-Band® Resistance Bands

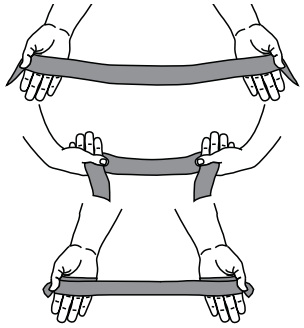
練力帶必與牢固地繫於手中或足部，防止滑走及受傷。需要時可環繞多圈幫助固定。切勿在未繫穩前進行動作。

Your elastic band or tubing should be securely attached to your hand or foot before use to avoid slippage and possible injury. “Double wrapping” the band may help secure it to your hand or foot. Never exercise with the band or tubing unlessit is wrapped around your hand.

### 1.手握法 Grip Wrap



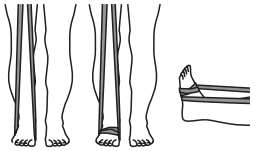
### 2.手掌環繞 Palm Wrap



### 3.弄成圈 Creating Loops

### 4.下肢 For Lower Body

足踝環繞 Ankle Wrap



腳掌環繞 Foor Wrap

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Reference
1. Jette AM et al. 1999. Exercise—It’s never too late: The Strong for Life Program. Am J Public Health: 89(1):66-72.
2. Mikesky AE et al. 1994. Efficacy of a home-based training program for older adults using elastic tubing. Europ J Appl Physiol : 69:316-320.
3. Topp R. et al. 2002. The effect of dynamic versus isometric resistance training on pain and functioning among adults with osteoarthritis of the knee. Arch Phys Med Rehabil: 83:1187-1195.

## 1.頸部伸展 Cervical Extension

此動作有助強化深層頸部肌肉，包括屈肌，有助預防頸痛。

**Helps strengthen the deep neck stabilizers, including the deep neck flexors.**

方法 Instruction:

將練力帶中段包圍頸後。雙手於頭正前方握住練力帶。保持頸部位置，下巴稍微收入。伸展手肘，將練力帶拉前。慢慢回到開始位置，頸部保持穩定。

Place the middle of the band around the back of your head. Grasp the ends of the band in front of your head. Keep your neck in a neutral position with the chin slightly tucked. Extend your elbows, stretching the band in front of you. Slowly return, and keep your neck stable.

## 2.肩膀側拉 Shoulder Lateral Raise

此動作可訓練上臂三角肌，並有助減輕肩頸痛。

**Strengthens the middle portion of the deltoid muscle. Reduce neck pain.**

方法 Instruction:

單腳站在練力帶的中間，手握兩端。慢慢從兩旁拉起練力帶，保持手肘伸直及拇指向上。拉至肩膀水平，稍稍停留，然後慢慢回到開始位置。留意肩膀需放鬆，挺直腰部。

Stand on the middle of the band. Grasp the ends of the band. Lift the band upward, keeping your elbows straight and thumbs up. Stop at shoulder level. Hold and slowly return. Avoid shrugging your shoulders. Keep your back straight.

## 3.推肩 Shoulder Bench Press

強化胸、前肩及三頭肌。同時穩定腰部。

**Strengthens the front part of the shoulder and triceps. This is also a good back stabilization exercise.**

方法 Instruction:

先將練力帶中央位置固定於肩膀水平後方。前後腳站立，頸及腰部挺直。手握住練力帶兩端，手肘屈曲而手心向內。前伸練力帶至肩膀寬度，然後慢慢回到開始位置。

Begin with middle of a long band or tubing securely attached behind you at shoulder level. Begin in a stagger step position with your back & neck straight. Grasp both ends of bands with elbows bent and palms facing inward. Push band forward, extending your elbows to shoulder level. Slowly return to starting position.

## 4.手肘前屈 Elbow Flexion

此動作可強化手肘二頭肌及手肘。

**Strengthens the biceps and elbow.**

方法 Instruction:

單腳踏緊練力帶，手握末端。手肘貼著身旁，此時練力帶已拉緊。向上屈肘拉起練力帶，手腕不可屈曲，手肘保持在身旁。稍稍停留，然後慢慢回到開始位置。

Begin with one end of the band stabilized under your foot. Grasp the band with your elbow by your side, and tension on the band. Lift the band upward, keeping your wrist straight and elbow by your side. Hold and slowly return.

## 5.站立手肘伸展 Elbow Extension in Standing

此動作有助強化上臂三頭肌。

**Strengthens the triceps muscle.**

方法 Instruction:

使用門錨或輔助器繫住練力帶一端。手握住另一端，伸直手肘將練力帶下拉，手臂維持在身旁。稍稍停留，然後慢慢回到開始位置。背部保持挺直。

Securely attach one end of the band with a Door Anchor or Assist. Grasp the end of the band and take up the slack. Keep your elbow by your side as you extend your elbow. Hold and slowly return. Keep your back.

## 6.肩膀水平伸展 Shoulder Horizontal Abduction

此動作有助強化背部肌肉，改善姿勢(如寒背)。

**Strengthens the upper back muscles. Helps improve posture.**

方法 Instruction:

於前方握位練力帶兩端，維持在肩膀寬度。向外伸展練力帶，保持手肘伸直，夾緊肩胛骨直至手臂完全張開。慢慢回到開始位置。切勿閉上呼吸。

Grasp the ends of the band in front of you at shoulder height, and take up the slack. Pull the band outward, keeping your elbows straight and pinch your shoulder blades together until your arms are out to your side. Slowly return. Don't hold your breath.

## 7.軀幹高舉側拉 Trunk Sidebend-Overhead

此動作有助訓練核心肌肉，增強軀幹穩定，減少腰痛。

**Strengthen the core muscles. Enhance Trunk stability and prevent back pain.**

方法 Instruction:

雙腳並肩站立，膝部及臀部微屈，挺直背部。腳掌踏住練力帶，手握尾端靠在兩旁。手臂高舉過頭，手肘伸直。上身斜傾以伸展練力帶。慢慢回到開始位置。

Stand with feet a shoulder width apart, knees and hips slightly bent, and back straight. Secure middle of band under feet, grasp end of band by your sides. Extend one arm with elbow straight overhead. Lean away, stretching band. Slowly return.

## 8.膝部伸展 Knee Extension

此動作有助強化四頭肌(大腿)，幫助減少膝痛。

**Strengthens the quadriceps (thigh) muscles which helps to reduce knee pain.**

方法 Instruction:

將練力帶一端繫穩於椅後方。另一端環繞在足踝上。慢慢伸直膝部對抗阻力。稍稍停留，然後慢慢回到開始位置。

Secure one end of the band behind a chair. Attach the other end of the band to your ankle. Slowly extend your knee against the band until straight. Hold and slowly return.

## 9.髖關節外展 Hip Abduction

增強本體感覺及站立時腳部肌力及穩定性。針對臀部及大腿內側外展肌肉。

**Increases proprioception, strength, and stabilization of the standing leg. Targets the hip abductors on both legs.**

方法 Instruction:

將練力帶弄成圈並圍住雙足，不可鬆垂。一側向外提起，膝部保持伸直。重覆動作，伸展中的足部不能觸到地。另一側重覆以上動作。保持背部挺直，身體不可傾斜及摺曲。

Keep your knees straight and kick outward with opposite leg. Continue kicking without letting your kicking leg touch the ground. Repeat on other leg. Keep your back straight, and avoid leaning or bending over.

## 10.足踝前屈 Ankle Dorsiflexion

此動作有助強化脛前肌肉，幫助提起足部。

**Strengthens the Tibialis Anterior muscle that lifts the foot upward.**

方法 Instruction:

坐在椅子上。將練力帶中段圍住其中一隻腳掌。另一腳掌踏在練力帶上，並以手握緊練力帶尾部。向頭部方向屈起腳掌以對抗阻力。慢慢回到開始位置。

Sit in chair. Loop the middle of the band around foot to be exercised. Stabilize the band under your other foot and grasp the ends of the band. Lift the foot of the ankle to be exercised toward your head against the resistance of the band. Slowly return.

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如欲瀏覽更多動作及詳情，可到

For a comprehensive database of exercise, visit

http://www.thera-bandacademy.com/exercise/