

Thera-Band® Latex Bands Frequently Asked Questions June 2012

Thera-Band® latex bands are now being produced at a 5” width versus the previous 5 1/2” width. Below are some FAQs to better understand these changes.

- **Why are the Thera-Band bands slightly narrower than they used to be?**

As you know, Thera-Band elastic resistance products are based on a color progression system where a transition from one color to another (Tan, Yellow, Red, Green, Blue, Black, Silver and Gold) represents a change in the force required to elongate the band or tube (known as “pull force”). Although our pull forces by color are summarized and shared on a reference chart, over time, we received practitioner requests to:

1. Make it even easier to explain the progression of colors to patients, and even to
2. Eliminate the need for a pull force reference chart during a hectic patient visit

To address these requests, modest changes were recently implemented to the width and thickness of our bands so each progressive step now represents a **consistent pull force increase of 25%** in the clinical range (Tan through Black) and **40% in the advanced / fitness range** (Silver through Gold).

- **What are the pull forces of the current (narrower) bands?**

We are very pleased to announce that Thera-Band resistance products, including bands, tubes, and even latex-free bands, now share the following **consistent** average pull forces:

Color Progression

Thera-Band® Band/Tubing Color	Increase from Preceding Color at 100% Elongation	Resistance in Pounds at:	
		100% Elongation	200% Elongation
Thera-Band Tan	-	2.4	3.4
Thera-Band Yellow	25%	3.0	4.3
Thera-Band Red	25%	3.7	5.5
Thera-Band Green	25%	4.6	6.7
Thera-Band Blue	25%	5.8	8.6
Thera-Band Black	25%	7.3	10.2
Thera-Band Silver	40%	10.2	15.3
Thera-Band Gold	40%	14.2	21.3

BEGINNER
↓
ADVANCED

Represents typical values. All products not available in all colors.

- **How does the resistance of the narrower bands compare to the resistance of the bands practitioners used to get?**

The resistance of the current bands varies slightly from our “old” bands in absolute terms, but the clinically-proven concept of increasing the resistance from one level to the next is still built in to the current bands. The level of increase between colors is now simply more consistent, easier to remember, and more simple to explain to patients.

For the most commonly used resistance levels of Yellow, Red and Green, this product modification represents a change in pull force of less than half a pound (at 100% elongation). The most challenging resistance levels of Silver and Gold, on the other hand, were changed more significantly because the previous pull forces represented a huge increase from one color to the next. This large jump made it difficult for most patients to utilize Silver and Gold, effectively limiting their ability to continue along the progression and rendering these levels to be of little use in most clinical settings. Now, clinicians and their patients have a more complete “attainable” range to work with throughout the rehab process.

- **How do the new pull forces compare to the pull forces of Thera-Band tubing and Thera-Band Latex-Free Bands?**

Together, our elastic resistance products provide practitioners and patients with one complete system! The updated pull forces apply to the full line of Thera-Band elastic resistance products, which includes our latex band, latex-free band, and latex tubing lines.

- **Has anything else about the formula or product changed?**

No, nothing else about the formula or the product has changed. We’re confident that you’ll find the new bands continue the high quality legacy you’ve come to expect from Thera-Band while offering you additional benefits!

- **What else should I know about this change?**

Thera-Band elastic resistance products are backed by unsurpassed clinical research freely available at www.Thera-BandAcademy.com along with a wealth of exercises and protocols. We were able to adjust the pull force values to achieve easy-to-remember increases from one level to the next *without* impacting desired clinical outcomes highlighted in this great body of research.

Only Thera-Band offers **consistent** pull forces for the same color levels across the product line (of bands and tubes) and **consistent** pull force increases from color to color. Hands-on clinicians and industry thought leaders from around the world confirmed they are excited about this added *consistency* and *simplicity* after testing prototypes. We are now delighted to offer these improvements to all practitioners and patients. We’re confident that you’ll find the new bands continue the high quality legacy you’ve come to expect from Thera-Band while offering you additional benefits!