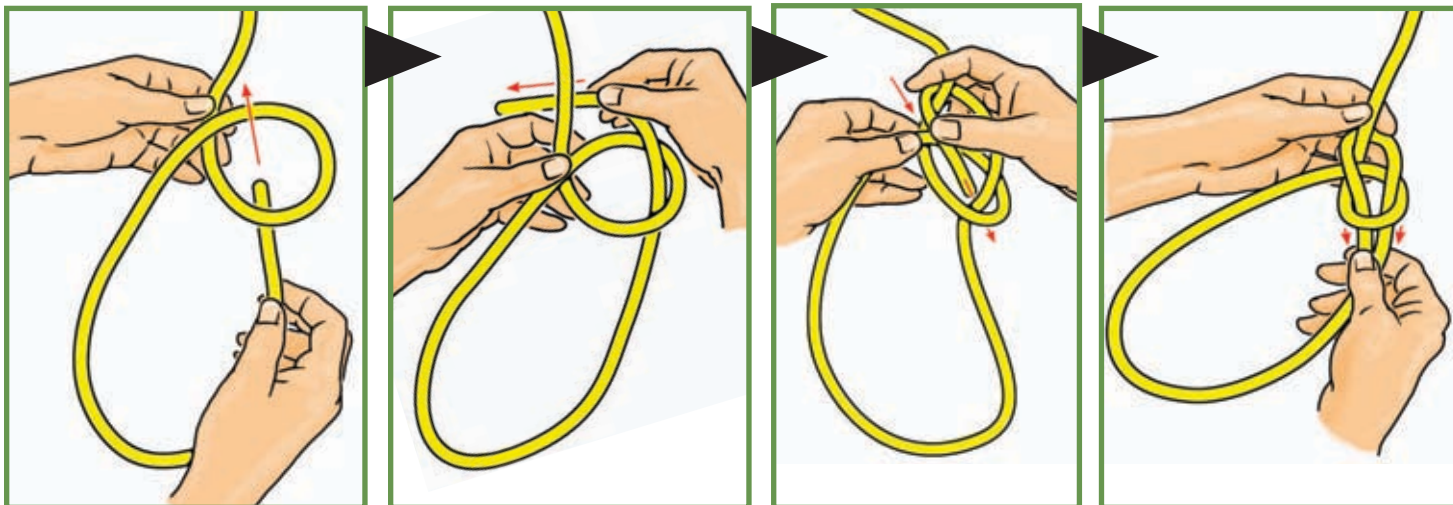
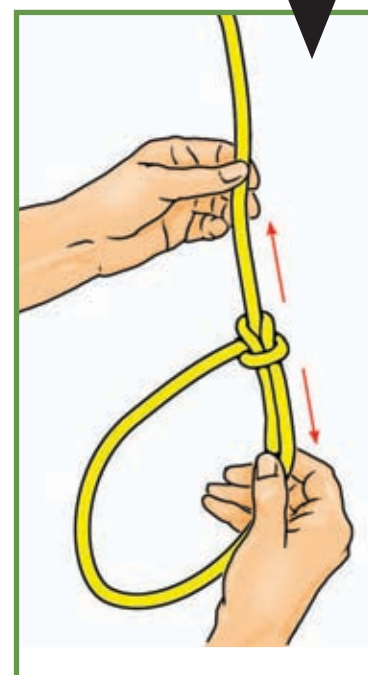
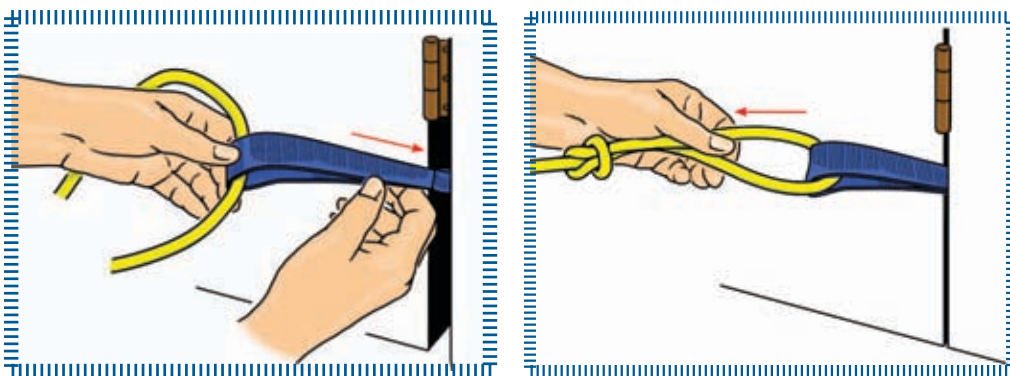


# Tying a Knot for Tubing Use



## Securing Tubing with Thera-Loop™

1. First, thread tubing or band through Thera-Loop, then tie a secure knot.
2. Next, open door and insert Thera-Loop wedge at height necessary to perform your exercise. Then extend the wedge end through the space between the hinge side of door and door frame so it ends well beyond the other side of the door frame.
3. Make sure door is closed and locked prior to exercise. Pull Thera-Loop to test placement.



## Safety Tips for Using Resistance Tubing

As with all forms of exercise, there is some risk of injury.

Use the following tips to help keep you safe while you give your muscles their workout.

- Check for holes or worn spots in the tubing. Replace the tubing if you see any rips or tears.
- Do your workout on carpeting, wood floors or grass. Abrasive surfaces, such as asphalt or cement, can tear your tubing.
- Wear comfortable, supportive closed-toed shoes whenever you use bands. Do not try to secure the tubing underfoot with bare feet as this could injure the foot.
- Make sure the tubing is secured underfoot or on an anchor before you begin each exercise.
- Make sure you have a secure grip on the tubing loop before you begin an exercise. Do not hold onto loose ends when you exercise with tubing.
- Perform the exercises in a slow and controlled manner, to work against resistance both when you pull on the tubing and when you return to the starting position.