

## THERA-BAND - FLEXBAR



### DESCRIPTION:

Thera-Band® FlexBar® is a flexible, durable resistance device with a ridged surface for enhanced grip during use. It is used to improve grip strength and upper extremity stabilization by bending, twisting, or through oscillating movement. It has been research-proven effective for Tennis Elbow, offering a cost-effective treatment that requires no injection or expensive equipment.

Thera-Band FlexBar is 12" long and is made from in 4 progressive resistance levels to match user capability.

The Yellow Thera-Band FlexBar takes 6 lb. of force to bend to a u-shape, Red 10 lb., Green 15 lb., and Blue 25 lb.