TuBall Rx* Rehabilitation Exercises

Rehabilitation compliance program focused on exercises for the **Lower Body, Fingers, Grip & Wrist** *A TOP RESULTS PRODUCT

WARM-UP: 5 minutes

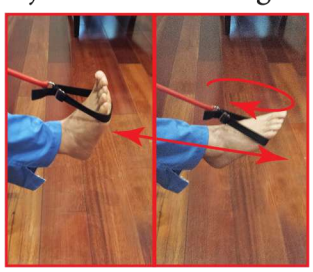
Before beginning any exercise warm-up the muscles to avoid injury. Warm-up activities can include walking, biking, jogging, marching, stair climbing. The warm-up should be intense enough to cause some sweating.

STRETCHING: 5 minutes

Choose start position for appripriate rehabilitation exercise. Breathe normally, exhale as you begin to move into position. Hold each stretch for 15 seconds, relax and repeat. Do not bounce. Focus on staying relaxed; moving slowly and smoothly.

LOWER BODY REHABILITATION ROUTINE: 10-15 minutes

Designed to work the Leg, Knee, Ankle and Foot muscles to prevent and rehab injuries. Work on right or left side where appropriate.

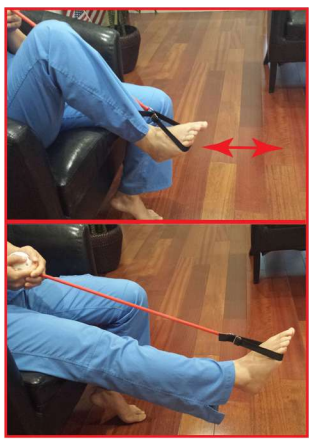


1. Put strap around flexed foot. Extend leg and do either or both routines.
   1) point toes then flex ankle.
   2) Trace a circle with toes.





2. Place foot in strap. Hold ball in both hands while straightening knee and pointing foot directly in front. Keep leg extended while moving leg to the side. Hold leg to side and repeat as appropriate.



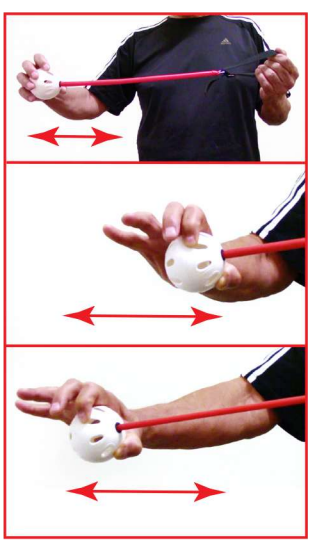
3. Place foot in strap. Hold ball in both hands while straightening knee and stretching tubing. Keep toes pointed. Hold extended leg for a count of 5. Bend knee back to start.

HAND & FINGER REHABILITATION ROUTINE: 10-15 minutes

Designed to work the Wrist, Hand & Finger muscles to prevent and rehab injuries. Work on right or left side where appropriate.



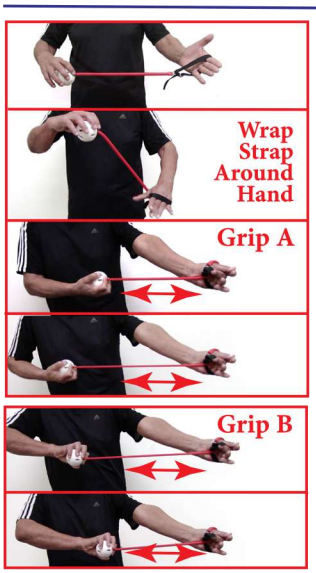
1.Work thumb and all fingers as needed.



2.Work fingers and grip as needed.



3.Work grip and wrist as needed.



4. Wrap strap as shown. Hold ball and work grip and forearm as needed.

COOL DOWN: 3-5 minutes

Cooling down the body allows heart rate, blood pressure and breathing to return to normal and prevents muscle soreness. To cool-down, perform the given stretching routine again.

CAUTION! If you feel pain or discomfort, stop and consult a physician, rehab therapist, athletic trainer or other health professional. Top Results and their associates are not responsible for any injuries that result from using exercises shown on this sheet.