

## Exercise Bands

McKesson CanDo® exercise bands are high-quality, resistive bands for rehabilitation, conditioning and training. Choose McKesson exercise bands as an affordable option to add to an exercise routine or eliminate the need for weights and equipment. McKesson exercise bands are available in multiple lengths, quantities and color-coded resistance levels. Exercise bands are commonly used in physical therapy to help rebuild a patient's strength.

### Features and Benefits

- Lightweight, compact, and portable—bands improve patient compliance at home and on the go
- Uniform 5-inch width
- Adds resistance in stretching, balance, cardio, and strength training
- Can be used to strengthen and/or condition shoulders, arms, chest, upper back, neck, abs, hips, knees, ankles and wrists
- Includes illustrated instructions on packaging for four essential exercises
- To use, simply unroll to preferred length and cut
- Packaged in an easy-to-use dispenser box; rolls include a core that fits most dispenser racks
- Available in multiple resistance levels, adhering to the widely-accepted TheraBand® color-coded system
- HCPCS: A9300



### Satisfaction Guaranteed

For complete details, please visit  
[mms.mckesson.com/mckesson-brands](https://mms.mckesson.com/mckesson-brands).

### Never Compromise on Care<sup>SM</sup>

With McKesson Brands, you'll never have to compromise. We deliver quality products at competitive prices, backed by our 100% satisfaction guarantee. We have decades of experience in the market, and we offer you support and work to help ensure you have the products you need, when you need them—making it even easier for you to provide the best care for your patients.

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|            | COLOR PROGRESSION |                                                                                                           |       |        |       |         |
|------------|-------------------|-----------------------------------------------------------------------------------------------------------|-------|--------|-------|---------|
|            | RESISTANCE LEVEL  | X-LIGHT                                                                                                   | LIGHT | MEDIUM | HEAVY | X-HEAVY |
| ELONGATION | 100%              | 3.0                                                                                                       | 3.7   | 4.6    | 5.8   | 7.3     |
|            | 200%              | 4.3                                                                                                       | 5.5   | 6.7    | 8.6   | 10.2    |
|            |                   | RESISTANCE IN POUNDS                                                                                      |       |        |       |         |
|            |                   | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div>BeginnerAdvanced</div> |       |        |       |         |

## ORDERING INFORMATION

| EXERCISE BANDS |            |                  |        |          |                        |
|----------------|------------|------------------|--------|----------|------------------------|
|                | MFR #      | RESISTANCE LEVEL | COLOR  | LENGTH   | QTY                    |
| LATEX          | 169-5211   | X-Light          | Yellow | 6 yards  | 1 roll/bx, 49 rolls/cs |
|                | 169-5212   | Light            | Red    | 6 yards  | 1 roll/bx, 49 rolls/cs |
|                | 169-5213   | Medium           | Green  | 6 yards  | 1 roll/bx, 49 rolls/cs |
|                | 169-5214   | Heavy            | Blue   | 6 yards  | 1 roll/bx, 49 rolls/cs |
|                | 169-5215   | X-Heavy          | Black  | 6 yards  | 1 roll/bx, 49 rolls/cs |
|                | 169-5221   | X-Light          | Yellow | 50 yards | 1 roll/bx, 9 rolls/cs  |
|                | 169-5222   | Light            | Red    | 50 yards | 1 roll/bx, 9 rolls/cs  |
|                | 169-5223   | Medium           | Green  | 50 yards | 1 roll/bx, 9 rolls/cs  |
|                | 169-5224   | Heavy            | Blue   | 50 yards | 1 roll/bx, 9 rolls/cs  |
|                | 169-5225   | X-Heavy          | Black  | 50 yards | 1 roll/bx, 9 rolls/cs  |
| NON-LATEX      | 169-5621   | X-Light          | Yellow | 50 yards | 1 roll/bx, 9 rolls/cs  |
|                | 169-5622   | Light            | Red    | 50 yards | 1 roll/bx, 9 rolls/cs  |
|                | 169-5623   | Medium           | Green  | 50 yards | 1 roll/bx, 9 rolls/cs  |
|                | 169-5624   | Heavy            | Blue   | 50 yards | 1 roll/bx, 9 rolls/cs  |
|                | 169-5625   | X-Heavy          | Black  | 50 yards | 1 roll/bx, 9 rolls/cs  |
|                | 169-5631 * | X-Light          | Yellow | 25 yards | 1 roll/bx, 9 rolls/cs  |
|                | 169-5632 * | Light            | Red    | 25 yards | 1 roll/bx, 9 rolls/cs  |
|                | 169-5633 * | Medium           | Green  | 25 yards | 1 roll/bx, 9 rolls/cs  |
|                | 169-5634 * | Heavy            | Blue   | 25 yards | 1 roll/bx, 9 rolls/cs  |
|                | 169-5635 * | X-Heavy          | Black  | 25 yards | 1 roll/bx, 9 rolls/cs  |



**WARNING:** This product can expose you to chemicals known to the State of California to cause birth defects or other reproductive harm. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).