

## Equipment: Resistance Bands

Resistance bands may be incorporated into your resistance training program.

Below we have provided options for the purchase of resistance bands in the Greater Toronto Area.

The resistance bands you may have used at Toronto Rehab are TheraBand brand. The colors do not represent the same resistance for all brands. Please consult the “Relative Resistance” chart at the bottom of the page before ordering your resistance bands.

If you are purchasing your resistance bands from a location not listed below make sure to check the resistances before purchasing.

### COVID Updates

During these uncertain times product stock and store operation hours are changing frequently. We recommend calling or emailing the store ahead of time and confirming the availability of the Resistance bands you need before going to pick them up.

Some locations are offering delivery or curbside pickup options. For curbside purchases a credit or debit card with the contactless payment (“Tap”) will be required.

If you, a friend or relative are going to be purchasing equipment using one of these options we recommend the following precautions:

1. Wear gloves
2. Wipe down the equipment with an at least 60% alcohol solution
3. Wipe down any table or surface the equipment has been placed on with an at least 60% alcohol solution
4. Remove & throw out gloves
  - a. For proper glove removal technique please see [Ontario Public Health Glove Doffing](#)
5. Wash hands with soap

Store	Location (click on link)	Contact Info	Cost (Per Unit) Click on link for more information	Delivery	COVID-19 Status	
<b>Amazon</b>	ONLINE ONLY	Amazon.com	<a href="#">Red/Yellow/Green Band Set (TheraBand)</a>	\$22.16	YES	OPEN
			<a href="#">Blue/Black Band Set (TheraBand)</a>	\$28.99		
<b>Shoppers Wellwise</b>	<a href="#">5230 Dundas St W, Etobicoke, ON M9B 1A8</a>	(416) 236-1201	<a href="#">Yellow/Red/Green Band Set (TheraBand)</a>	\$16.49	Yes Free next day delivery during COVID (Stock permitting)	In Store (OPEN) Online & Phone (OPEN)
	<a href="#">1077 N Service Rd #21, Mississauga, ON L4Y 1A6</a>	(905) 281-0166				
	<a href="#">2492 Danforth Ave, Toronto, ON M4C 1K9</a>	(416) 698-2808				
	<a href="#">65 Wicksteed Ave Unit 200, East York, ON M4G 4H9</a>	(416) 467-4673				
	<a href="#">685 McCowan Rd, Scarborough, ON M1J 3N8</a>	(416) 431-4621				

**TRI-REPS** Toronto Rehabilitation  
Risk Factor Modification & Exercise Program Following Stroke

	<a href="#">528 Lawrence Ave W #16A, North York, ON M6A 1A1</a>	(416) 789-3368				
	<a href="#">8000 Bathurst St #2, Thornhill, ON L4J 0B8</a>	(905) 763-9525				
<b>Sportchek</b>	Various Locations ( <a href="#">Store Locator</a> )	Varies by location	<a href="#">Light Green - Light (Mediband)</a>	\$9.99	YES  Note: Items currently unavailable	In Store (CLOSED)  Online (OPEN)
			<a href="#">Green Band - Medium (MediBand)</a>	\$10.99		
			<a href="#">Orange Band - Heavy (MediBand)</a>	\$11.99		
<b>National Sports</b>	<a href="#">1455 McCowan Rd, Scarborough, ON M1S 5K7</a>	(416) 335-7227	<a href="#">Yellow/Purple/Green Band Set (GoFit)</a>	\$21.24	YES	In Store (CLOSED)  Online (OPEN)
	<a href="#">539 Steeles Ave E, Brampton, ON L6W 4S2</a>	(905) 454-7880				
	<a href="#">2921 Eglinton Ave W, Mississauga, ON</a>	(905) 820-4605				

	<a href="#"><u>L5M 6J3</u></a>				
	<a href="#"><u>1770 Dundas St E, Mississauga, ON L4X 1L8</u></a>	(905) 270-7940			
	<a href="#"><u>2160 Highway 7 West, Concord, ON L4K 1W6</u></a>	(905) 669-2030			

\*Disclaimer: UNH is not affiliated with the retailers above. The information provided is intended as a resource to aid patients in procurement of equipment for their rehabilitation. The information is current as of April/9<sup>th</sup>/2020 and is subject to change without notice\*

### Relative Resistance Chart

	Theraband (Amazon/Wellwise)	GoFit (National Sport)	MediBand (Sportchek)
Lightest	Yellow (4.3 lbs)		
↓	Red (5.5 lbs)	Yellow (5 lbs)	
↓	Green (6.7 lbs)		
↓	Blue (8.6 lbs)		
↓	Black (10.2 lbs)	Purple (10 lbs)	Light Green (12.8 lbs)
↓	Silver (15.3 lbs)	Green (15 lbs)	Green (14.3 lbs)
Heaviest			Orange (19.4 lbs)