

Equipment: Resistance Band Extremity Straps

Theraband extremity straps may be incorporated into your resistance training program. The bands are intended for use on the wrists or ankles and allow you to use exercise bands more efficiently. They are especially useful if you are unable to grasp the band in your hand.

Below we have provided options for the purchase of these extremity straps in the Greater Toronto Area.

Follow the instructions provided with your straps and ensure your resistance bands are securely attached before use

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 extremity straps you need before going to pick them up.

Some locations are offering delivery or curbside pickup options. For curbside purchases prepayment or 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	Contact Info	Cost (Per Unit)	Delivery	COVID-19 Status	
Performance Health	ONLINE ONLY	(905) 858-6000 Customersupportca@performancehealth.com	Theraband Extremity Straps 	\$19.83 CAD	YES	OPEN (Online Only)
Know Your Best Body	25 Connell Ct #4, Etobicoke, ON M8Z 1E8	(416) 367-3744 info@knowyourbodybest.com	Theraband Extremity Strap 	\$22.45 CAD	YES	OPEN (Contactless pick up Available)

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/27th/2020 and is subject to change without notice