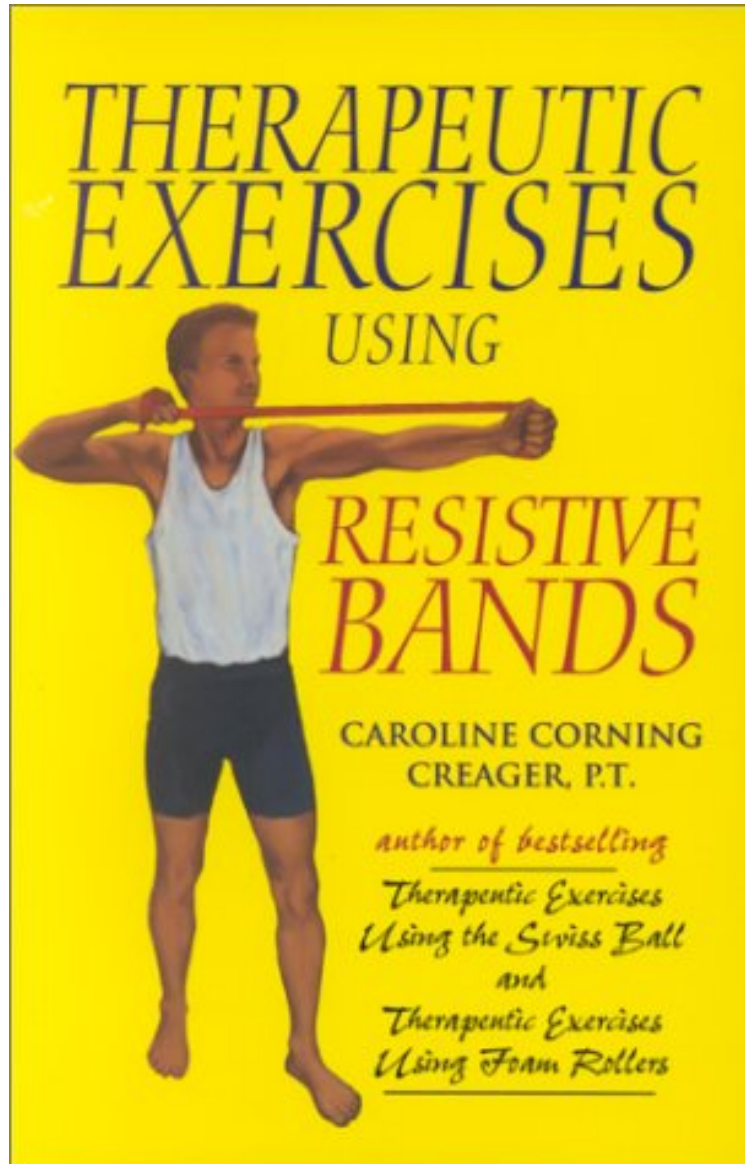


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## Therapeutic Exercises Using Resistive Bands

Caroline Corning Creager  
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About the Author  
Caroline Corning Creager is an award-winning author and a nationally recognized lecturer on foam rollers, Swiss Balls, and resistive bands. Caroline received her degree in Physical Therapy from the University of Montana in 1989. She is the owner of Executive Physical Therapy, Inc., in Berthoud, Colorado, and is a member of the American Physical Therapy Association, The Rocky Mountain Book Publishers Association, and the Colorado Independent Publishers Association. Caroline is the author of Therapeutic Exercises Using the Swiss Ball, Therapeutic Exercises Using Resistive Bands, The Airobic Ball Strengthening Workout, and The Airobic Ball Stretching Workout.