

SHOULDER PULLEY

RHB1022

vive



OWNER'S MANUAL

SHOULDER PULLEY

INSTALLATION & SETUP

Secure your shoulder pulley to a door by following these steps.

1. Secure the metal hook over the top of the door for internal rotation exercises or secure the hook to the side of the door for external rotation exercises.



2. Close the door and be sure that it latches completely before starting your exercise.

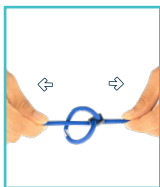
3. Use the adjustment clips to set your limit for rotation, the closer to the handles the more rotation and the closer to the pulley the less rotation. Start narrow and go wider as you progress.



4. To adjust, push one end of the rope through the clip to the new location. Adjust the rope from the top for a more narrow range of motion or from the bottom for a wider range.

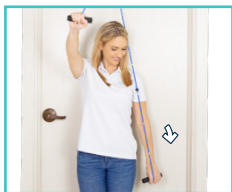


5. Pull the rope tight from the opposite end to secure to your new position.



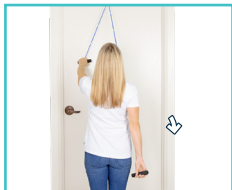
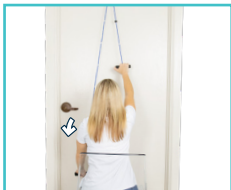
BACK SHOULDER FLEXION

With your back against the door, keep your arms straight and gently pull down on the pulley with your good arm as your injured arm lifts over your head. Pull as high as you can and hold for 10 - 15 seconds. Repeat as needed.



FRONT SHOULDER FLEXION

Face the door and alternate between arms by pulling back to lift the opposite arm. Make the shoulder go as far as possible. Repeat for 10 - 15 reps on each arm.



SIDE CIRCLES

With your back against the door, keep your injured arm stretched to the side and with your good arm pull down and up to produce circular motions with your injured arm. Repeat in sets of 5 - 10 full circles.



SHOULDER ABDUCTION STRETCH

Standing or sitting with your injured shoulder facing the door, grab the handles and pull down with your good arm while your injured arm lifts over your head. Hold for 10 - 15 seconds and repeat as needed.



BACK SHOULDER INTERNAL ROTATION

With your back against the door, place your injured hand behind your back and grab one of the pulley handles. With your good hand, grab the opposite handle at the front and pull down, this will pull your injured arm further up your back. Hold for 10 - 15 seconds and repeat as needed.



SIDE SHOULDER INTERNAL ROTATION

With your injured shoulder against the door keep your elbow against your body and with your good arm pull out away from your body making your injured arm rotate out. Hold for 10 - 15 seconds and repeat as needed.



