



## visualizer ST71281 Overdoor Shoulder Exerciser with Dual Pulleys User Manual

[Home](#) » [visualizer](#) » visualizer ST71281 Overdoor Shoulder Exerciser with Dual Pulleys User Manual 

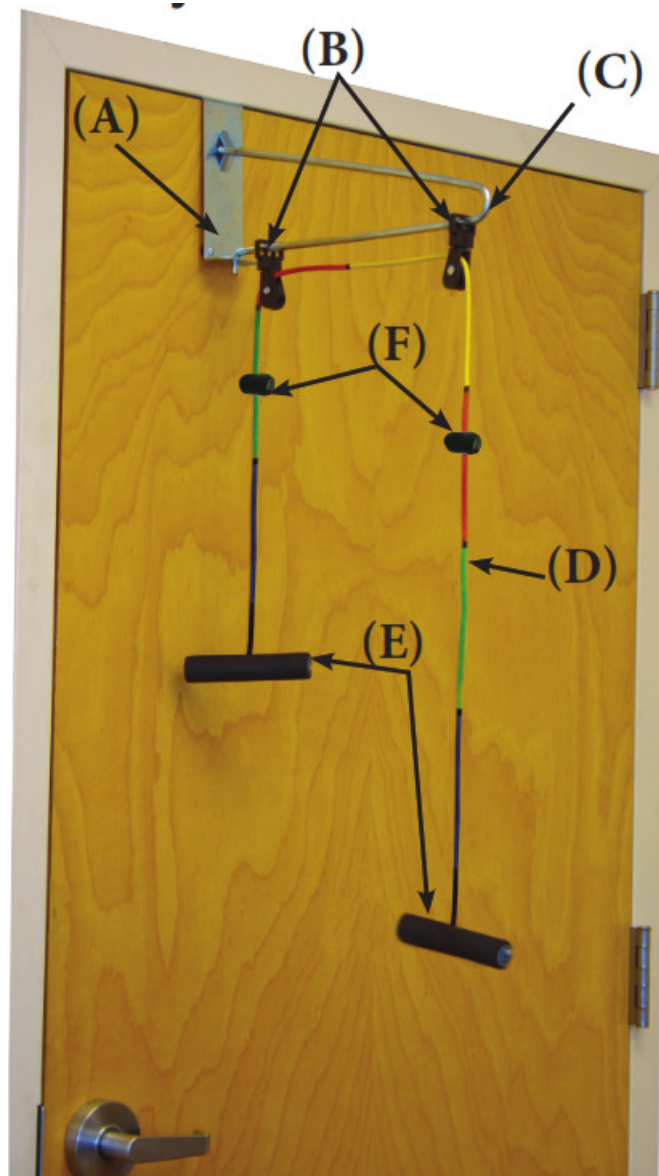
# visualizer<sup>tm</sup>

Overdoor Shoulder Exerciser with Dual Pulleys  
User Manual

### Contents

- [1 Installation Instructions](#)
- [2 How to use the color-coded exercise cord](#)
- [3 Precautions](#)
- [4 Documents / Resources](#)
- [5 Related Posts](#)

### Installation Instructions



1. Open the box and verify ALL pieces are included.
  - (A) door bracket
  - (B) swivel pulleys (2)
  - (C) V-shaped arm
  - (D) color-coded exercise cord
  - (E) handles (2)
  - (F) stoppers (2)
2. Slide each pulley onto the V-shaped arm. Position each one on the outside of the grooves in the V-shaped arm.
3. Holding the bracket in one hand, insert the top end of the arm into the notch on the door bracket. Squeezing together the arms, insert the bottom of the arm into the hole in the door bracket.
4. Run the end of the exercise cord through BOTH pulleys.
5. Place stoppers between the pulley and handle on each side.
6. Thread the exercise cord through the handles.
7. Securely tie a knot at the end of each side of the exercise cord.
8. Pull the exercise cord while holding the handle, so the knot is inside the handle.
9. Repeat steps 6-8 for the second handle.
10. Place the door bracket securely on top of the door unit is to be used.

### How to adjust the rope:

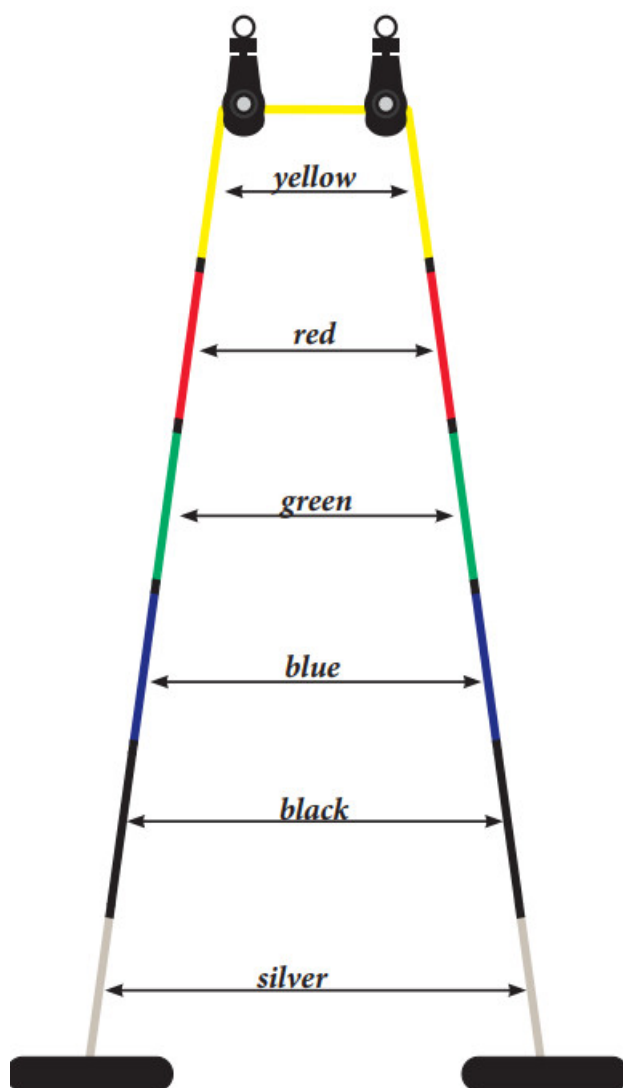
11. To adjust the length of the rope, tie a secure knot at the desired point. Pull the cord through the handle making sure the knot holds.

### How to adjust the stoppers:

12. Stoppers limit range-of-motion to prevent overextension of the shoulder. Push the button on the stopper and slide to the desired location before beginning to exercise.

**Follow Therapist's or Doctor's instructions on the use of the exercise pulley.**

### How to use the color-coded exercise cord



### Reference to Specific Marks

The CanDo® Visualizer™ Shoulder Exerciser features color-coded sections along the rope, each 6 in/15 cm long. When changing rope length, make sure both sides are equally adjusted to maintain color alignment.

### Noticeable Progress

At the start of each new exercise, make note of where the colors fall relative to the pulley mechanisms. Do the same at the end of the exercise. As range-of-motion improves, the color sections on the rope will indicate how much progress you've made.

### Distinct Instructions

In addition to providing visual feedback on progress, the color sections can be used for clinicians to provide clear, accurate instructions. Practitioners simply use the colors to set goals for patients and to provide guidelines so that patients do not push themselves too far, or too fast.

### How to use stoppers:

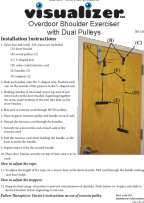
Stoppers limit range-of-motion to prevent overextension of the shoulder. Stoppers should be set at a comfortable location based on your ability. As progress is made, move stoppers further down the rope to lengthen the exercise motion.

## Precautions

- Before beginning any type of exercise program, consult your healthcare provider
- Only perform exercises prescribed by your therapist or physician.
- This product is not a toy and should not be used without adult supervision. Consult your physician before allowing children to exercise.
- Consult your healthcare provider if you experience pain while performing your exercises.
- Before each exercise session, inspect the shoulder pulley for defects, cuts or wear. Replace any damaged product immediately.
- Ensure that the knot in each handle is secure prior to use.
- Hold the handles firmly to prevent them from slipping out of hands during use.
- Do not wrap the rope of the shoulder pulley around any body part.
- Ensure that the connection to the door is secure prior to use.
- Close and lock the door before starting your exercises. Make sure the door latches and locks so that no one opens the door while the pulley is in use.
- Adjust the rope so that a full range of motion can be achieved (length differs when sitting vs. standing).



## Documents / Resources

	<p><a href="#">visualizer ST71281 Overdoor Shoulder Exerciser with Dual Pulleys</a> [pdf] User Manual ST71281 Overdoor Shoulder Exerciser with Dual Pulleys, ST71281, Overdoor Shoulder Exerciser with Dual Pulleys, Overdoor Shoulder Exerciser, Shoulder Exerciser, Exerciser</p>
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