

HOME RANGER® SHOULDER PULLEY



EXERCISES
And Instructions

Every PrePak Product comes with a

100% SATISFACTION GUARANTEE.

If for any reason, you are not completely satisfied with this product, simply return it in new condition, within 30 days of purchase, and we will gladly give you a full refund.

We guarantee your complete satisfaction!



Dear Valued Customer,

Thanks for buying a PrePak product. With the help of our advisory panel of rehabilitation professionals from around the country, we constantly seek new ways to improve our products and develop new items that best meet your needs. All of the products we offer are tested by professionals working in the field. We only sell items that are proven to provide superior performance and deliver great value for the price.

We hope you will continue to look to us for the handy, helpful products you and your patients need.

Yours,

A handwritten signature in black ink that reads "Judy Ray". The signature is written in a cursive, flowing style.

*Judy Ray
President,
PrePak Products, Inc.*

GENERAL INSTRUCTIONS

Securing Home Ranger to your door.

- Select a door in your home where there is little or no traffic.
- Place web strap over the top or along the hinged side of the door so that, when closed, the rubber tip is on the opposite side of the door.
- Pull on the web strap to wedge it firmly in the door.
- Be sure the door is closed and locked before starting to exercise.
- For optimum safety, door gap limit should not exceed 3/16".



Posture Is Important

Good posture while performing your exercises can make a major difference in the results of your exercise program. Whether you perform exercises standing, sitting or supine the following postural principles apply. Ideally your ear, shoulder, and hip will fall in a straight line. There are three major components to achieving this posture:

- Keep the pelvis tucked/neutral, limiting lumbar lordosis. It helps to tighten the stomach and soften the knees. (This is opposite of sway back.)
- The shoulders should be relaxed, resting down away from your ears. The scapulae (shoulder blades) remain gently depressed and retracted while exercising.



Depressed



Retracted



Poor



Good

- Chest lifts naturally when shoulders are gently depressed and retracted.

Targeting Your Exercise To The Problem Area

When you experience pain, weakness and/or stiffness, other muscles and joints may try to “help out” the affected area. This leads to compensatory movements, which although automatic, are abnormal. These compensations prevent proper functioning which can delay healing. During rehabilitation it is important to target the correct joint and limit these compensations. Targeting promotes optimum recovery and minimizes pain and irritation. Your therapist or doctor is your best guide for proper targeting.

Avoiding Typical Shoulder Compensations

One frequently seen compensation during shoulder motion is excess and uncoordinated movement of the scapula (shoulder blade) over the rib cage. Instead of being kept in a stable position to provide support, as the scapula moves up and away from the center of the back. As this compensation continues to occur the muscles between the scapulae and the spine become weak and stretched. Therefore it is vitally important to keep the scapulae in a stable position (pulled back and down.) This goal is accomplished by performing exercises which strengthen supporting muscles and help them maintain their proper position. Your therapist may actually start your rehabilitation program using only exercises that strengthen these supporting muscles until you can maintain proper position of the scapula during arm motions.

Discomfort, Yes. Pain, No.

Although discomfort is normal, pain should not be experienced at the end range of motion. Pain at the end range of motion may be the result of improper positioning. If experiencing pain contact your therapist or doctor.

Which Exercises Are Appropriate For You?

- The exercises in this booklet are some of the most commonly used exercises for rehabilitation. Many additional exercises are possible using the Home Ranger. The instructions for these exercises may be modified depending on the nature of your rehabilitation program.
- Perform exercises as directed by your therapist or doctor.

PRECAUTIONS:

Make sure knots are firmly tied before exercising and inspect rope for nicks, cuts or abrasions. Do not use if signs of stress or wear are found.

MEDICAL NECESSITY FORMS:

Medical Necessity Forms are given upon request. These can help with reimbursement for your medical insurance provider, but does not guarantee payment.



This pulley device is to be used as an assistive tool to regain, maintain or increase shoulder motion. It prepares the joint for mobilization, reduces pain and reinforces gains achieved.

Exercise– How Long And How Often?

The best results are obtained if the exercise is performed three times daily for twenty to thirty minutes at a time. Begin the movement slowly and move only within your pain-free range of motion.

How Is The Progressive Pulley Used?

As your shoulder improves and you have gained motion, the rope needs to be shortened. This can be done by tying a non-slip knot at the desired length. The marks on the rope are your gauge to show you and the therapist how much progress you have made.

How Do You Use The Assisted Grip? (Ranger 92 & 93)

If you wish to use the assisted grip, slide the plastic handle to the top of the loop. Place your hand through the loop and grip the handle placing your middle finger between the webbing as shown in the photo. As you pull down on the handle the loop will tighten around the wrist.

HOME RANGER MODEL #240



Standard Grip with Web Door Strap



Standard grip, custom-molded for comfort. Web strap can be placed in the side or over the top of the door to allow for wide range of exercises.

HOME RANGER MODEL #270



Assisted Grip with Web Door Strap

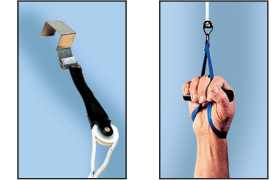


Same as the original except assisted grip option has been added. Sliding handle allows for both assisted and standard grip options.

HOME RANGER MODEL #260



Assisted Grip with Over-The-Door Metal Bracket



Assisted grip option included. Web door strap is replaced with bracket, allowing unit to remain in place between sessions. To use from the side of the door, place bracket just above door latch or hinge. To avoid surface abrasions or adjust width, place bracket over soft fabric.

EXERCISE PRESCRIPTION FORM

SITTING EXERCISES

1. **Forward Flexion, Facing Door:** Freq: _____ Sets: _____ Reps: _____

notes _____

2. **Forward Flexion, Back To Door:** Freq: _____ Sets: _____ Reps: _____

notes _____

3. **Shoulder Abduction:** Freq: _____ Sets: _____ Reps: _____

notes _____

4. **Shoulder Elevation:** Freq: _____ Sets: _____ Reps: _____

notes _____

5. **External Rotation:** Freq: _____ Sets: _____ Reps: _____

notes _____

6. **Internal Rotation:** Freq: _____ Sets: _____ Reps: _____

notes _____

SUPINE EXERCISES

7. **Shoulder Flexion:** Freq: _____ Sets: _____ Reps: _____

notes _____

8. **Shoulder Abduction:** Freq: _____ Sets: _____ Reps: _____

notes _____

9. **External Rotation:** Freq: _____ Sets: _____ Reps: _____

notes _____

10. **Horizontal Adduction:** Freq: _____ Sets: _____ Reps: _____

notes _____

STANDING EXERCISES

11. **External Rotation:** Freq: _____ Sets: _____ Reps: _____

notes _____

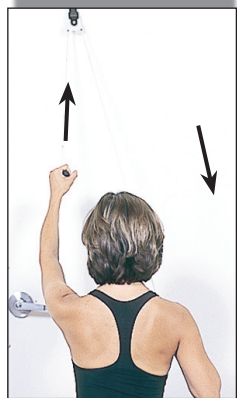
12. **Internal Rotation:** Freq: _____ Sets: _____ Reps: _____

notes _____

SITTING EXERCISES

1

Forward Flexion, Facing Door



- 1• Sit on chair or stool facing door. Your toes should be 8"–10" (20–25 cm.) away from the door.
- 2• Hold the handles with a relaxed grip, thumbs pointing behind you. The pulley is placed over the top of door and over the involved shoulder.
- 3• Allow your shoulders to drop away from your ears by moving your shoulder blades down your back. The posture of your shoulder blades or scapulae is of primary importance. You must engage the scapula stabilization muscles before you pull the involved arm up. Pull up the involved arm using the opposite arm, relax the shoulders and maintain scapula position.
- 4• Repeat.

2

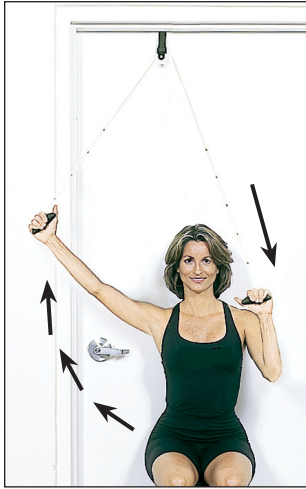
Forward Flexion, Back To Door

- 1• Sit with back toward door. Position yourself so the pulley is over the involved side. Hold the handles with relaxed grip with your thumb pointing towards the door.
- 2• Lower your shoulders away from your ears and maintain a light engagement of the muscles between your shoulder blades.
- 3• Using opposite arm gently pull the involved arm up.
- 4• Reengage the scapular stabilization muscles.
- 5• Repeat.



3

Shoulder Abduction



- 1• Place pulley directly over the affected shoulder at top of door.
- 2• Sit with back flat against door with shoulder blades retracted and depressed. Maintain neutral pelvis throughout entire motion and keep shoulders as level as possible.
- 3• Hold pulley handles in both hands keeping elbow of the affected arm straight and relaxed.
- 4• Position thumb of affected arm facing upward as you

begin exercise. Thumb rotates toward the door as motion continues toward end range.

- 5• Elevate affected arm by pulling down with the opposite arm. Pull to a point of stretch, not pain.
- 6• Hold and repeat as directed.

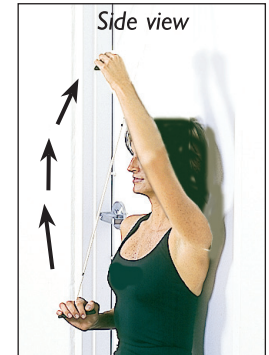
4

Shoulder Elevation, Scapular Plane

45° Horizontal Abduction



- 1• Position the pulley directly over the affected shoulder at top of door.
- 2• Sit on stool with back flat against door, keep light contact between the door and your shoulder blades.
- 3• Keep light grip on handles with your thumbs pointing up and toward pulley. Place affected extremity in 45° of horizontal abduction, elbow straight, shoulders as level as possible.
- 4• Draw shoulder blades together and down. Pull pelvic and abdominal muscles in and up to flatten back.
- 5• Use opposite arm to pull affected arm up to point of stretch not pain.
- 6• Repeat.



5

External Rotation



- 1• Place pulley in side of door nearest affected arm and level with the elbow.
- 2• Sit with your back flat against door maintaining contact with shoulder blades.
- 3• Keep shoulders depressed and retracted, maintaining good abdominal and pelvic control.
- 4• Place affected arm against your side with elbow bent 90° and upper arm against side. Keep shoulder relaxed.
- 5• Hold handle on affected side so the rope is between your 2nd and 3rd fingers and the thumb is up. Keep wrist as straight as possible.
- 6• Slowly pull outward with the opposite unaffected arm. This will move affected arm into external rotation.

6

Internal Rotation



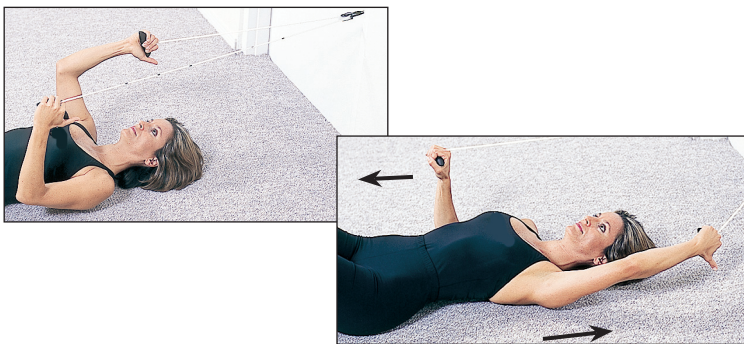
This exercise is to help stretch the arm up behind the back – often the most difficult motion to regain.

- 1• Sit with pulley at top of door, directly over affected arm.
- 2• Hold the affected arm down by your side with the back of your hand against your hip. Hold the handle so the rope goes between your index and middle fingers with your thumb pointing up.
- 3• With the opposite hand gently pull the affected arm up higher on your back.
- 4• Stop and try to pull it back down, but don't let it move. Just pull, relax, and try to pull the arm up a bit more. Keep shoulder down and back during exercise.
- 5• Repeat several times.

SUPINE EXERCISES

7

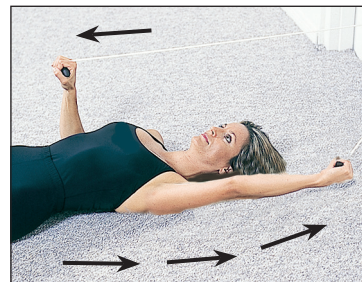
Shoulder Flexion



- 1• Place pulley above the affected shoulder about 6"–12" (15–30 cm.) from the ground.
- 2• Lie on back with head toward door approximately 4' (1.2 meter) from the door. Pull shoulder blades together and down so they are flat against the floor.
- 3• Hold a handle in each hand with thumbs pointing downward. Pull down (towards feet) with opposite arm. This will pull affected arm up.
- 4• Pull to point of stretch, not pain. Hold and repeat as directed.

8

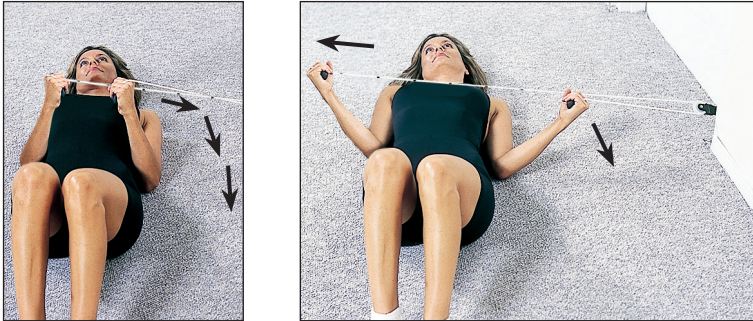
Shoulder Abduction



- 1• Place pulley above the affected shoulder about 6"–12" (15-30 cm.) from the ground.
- 2• Lie on back with head toward door approximately 4' (1.2 meter) from the door. Pull shoulder blades together and down so they are flat against the floor.
- 3• Hold a handle in each hand with palm of affected shoulder facing ceiling. Pull downward with opposite arm keeping affected arm as flat as possible against the floor as it moves up.
- 4• Pull to point of stretch, not pain. Hold and repeat as directed.

9

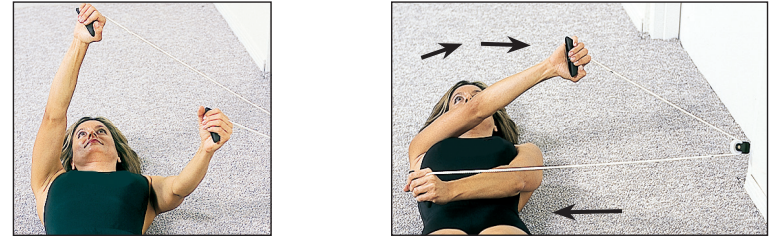
External Rotation



- 1• Place pulley about 2"–3" (5–8 cm.) above floor. Lie on back approximately 2' (.60 meter) from door with affected shoulder closest to door.
- 2• Bend both knees to decrease lumbar curve and pull shoulder blades together and down so they are flat against the floor.
- 3• Flex elbow on affected side to 90° and keep it affixed to the trunk throughout motion. Relax shoulders.
- 4• Gently pull outward with opposite arm. Pull to point of stretch, not pain.
- 5• Hold for duration and repetition as directed.

10

Horizontal Adduction



- 1• Place pulley about 2"–3" (5–8 cm.) above floor. It should line up at shoulder level.
- 2• Lie on back approximately 2' (.60 meter) away from door with affected shoulder farthest from the door. Place arm straight in the air pointing to the ceiling. Shoulder on floor.
- 3• Pull with opposite arm to cause the affected arm to be pulled across chest. Try to keep the shoulder blades down and pulled in toward the midline of the back.
- 4• Do not let the shoulders move up toward the ear. Relax as arm is stretched across chest.
- 5• Hold and repeat as directed.

STANDING EXERCISES

II

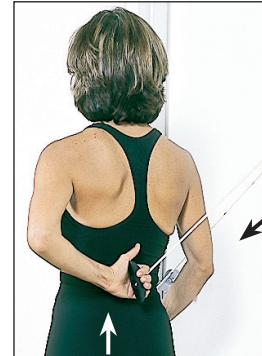
External Rotation



- 1• Place pulley in side of door at elbow height.
- 2• Stand with affected shoulder nearest door.
- 3• Grasp handles and slowly pull outward with opposite arm. This will rotate affected arm toward door. Be careful to keep elbow of the affected arm close to your side throughout the exercise and shoulder joint relaxed.
- 4• Keep wrist of affected arm straight and relaxed during exercise.
- 5• Pull to point of stretch, not pain.
- 6• Hold and repeat as directed.

12

Internal Rotation



This exercise is to help stretch the arm up behind the back – often the most difficult motion to regain.

- 1• Position pulley as shown. Stand with your back to the door, about 10"–20" (25–50 cm.) away from the door.
- 2• Hold the affected arm down by your side with the back of your hand against your hip. Grasp the handle so the rope goes between your index and middle fingers with your thumb pointing up.
- 3• With the opposite hand gently pull the affected arm up higher on your back.
- 4• Stop and try to pull it back down, but don't let it move. Just pull, relax, and try to pull the arm up a bit more. Keep shoulder down and back during exercise.
- 5• Repeat several times.



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