

Home Ranger®

ORIGINAL MODEL SHOULDER PULLEY

EXERCISES & INSTRUCTIONS



240 ORIGINAL MODEL

with ERGONOMIC HANDLES & WEB ANCHOR STRAP

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.



1. Web Anchor Strap

Secures pulley to door

2. Marked Rope

When shortened to marks it shows progression in your range of motion

3. Ergonomic Handles

Allow for a comfortable grip

How Do You Secure Your Pulley to the 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".



What Do the Rope Markings Mean?

As your shoulder improves and motion is gained, 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.

Which Exercises Are Appropriate For You?

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

Posture Is Important

Good posture while performing your exercises can make a major difference in your results. 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. It helps to tighten the stomach and soften the knees. (The 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.
- 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, the scapula moves up and away from the center of the back. The muscles between the scapulae and the spine become weak and stretched. It is vitally important to keep the scapulae in a stable position (pulled back and down). 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.

Precautions and Tips for Safe, Effective Use

- The pulley is to be used for its intended purpose only.
- Any use of the pulley can cause serious injury when not used properly.
- Before using the pulley or beginning any type of exercise program, consult your therapist, physician, or other professional health care provider.
- Only perform exercises prescribed by your therapist, physician, or other professional health care provider.
- This instruction booklet and the supporting prepakproducts.com website are not intended to be substitutes for the advice of your therapist, physician, or other health care provider.
- Before each use, inspect all features of the pulley for defects, cuts, tears, cracks, or wear that may cause the web anchor strap, pulley, handle, rope, or loop to break. If you find any flaws, discard the product and replace it before performing any exercises.
- Before each use, make sure the knots securing the rope to the handle are firmly tied.
- Before each use make sure the door is closed and locked.



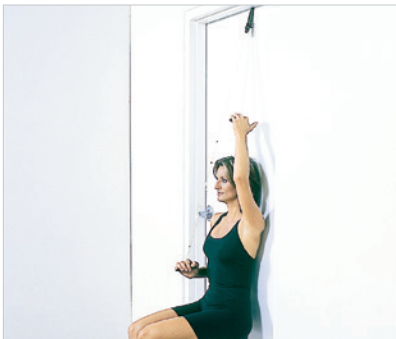


Forward Flexion, Facing Door

FREQ _____ **SETS** _____ **REPS** _____

NOTES _____

1. Sit on chair facing door, about 8"-10" (20-25 cm) away.
2. Position yourself so the pulley is over the involved side.
3. Hold the handles with a relaxed grip.
4. The position of your shoulder blades is of primary importance. Engage the shoulder stabilization muscles by moving your shoulder blades in, toward the spine and down.
5. Maintain scapula position as you pull the involved arm up and relax the shoulders.

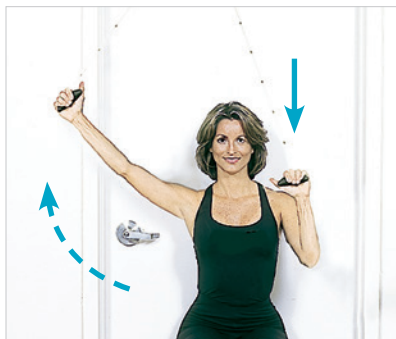


Forward Flexion, Back To Door

FREQ _____ **SETS** _____ **REPS** _____

NOTES _____

1. Sit with back to door. Position yourself so the pulley is over the involved side, holding handles with a relaxed grip.
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. Re-engage the scapular stabilization muscles and repeat.

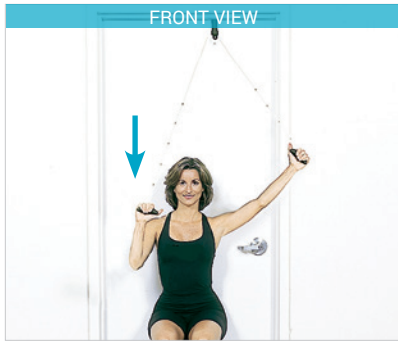


Shoulder Abduction

FREQ _____ **SETS** _____ **REPS** _____

NOTES _____

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.

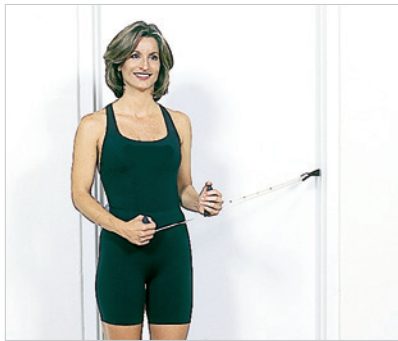


Shoulder Elevation, Scapular Plane

FREQ _____ SETS _____ REPS _____

NOTES _____

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.

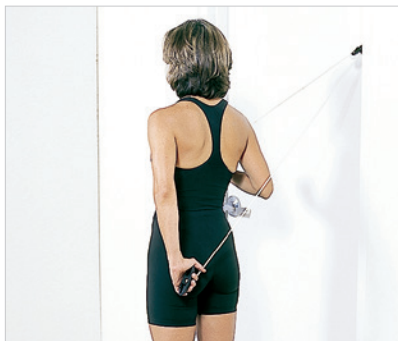


External Rotation

FREQ _____ SETS _____ REPS _____

NOTES _____

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 the affected arm toward the door. Keep elbow of involved arm close to your side.
4. Keep the shoulders relaxed and wrist straight during exercise.
5. Pull to point of stretch, not pain. Hold and repeat.



Internal Rotation

FREQ _____ SETS _____ REPS _____

NOTES _____

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

1. Position pulley as shown. Stand with back to door, about 10"-20" (25-50 cm.) away.
2. Hold the affected arm down by your side with the back of the hand against the hip.
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, keeping shoulders down and back. Repeat several times.



Shoulder Flexion, Supine

FREQ _____ **SETS** _____ **REPS** _____

NOTES _____

1. Place pulley above the affected shoulder about 6"-12" (15-30 cm.) from the floor.
2. Lie on back as shown. Pull shoulder blades together and down so they are flat on the floor.
3. Pull down towards the feet with the opposite arm, which will pull affected arm up.
4. Pull to the point of stretch, not pain. Hold and repeat.



Shoulder Abduction, Supine

FREQ _____ **SETS** _____ **REPS** _____

NOTES _____

1. Place pulley above the affected shoulder about 6"-12" (15-30 cm.) from the floor.
2. Lie on back as shown. Pull shoulder blades together and down so they are flat on the floor.
3. Pull downward with opposite arm keeping affected arm as flat as possible against the floor as it moves up.
4. Pull to the point of stretch, not pain. Hold and repeat.



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