



Shoulder Pulley

Instruction Manual



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How to secure the BodyMed® Shoulder Pulley to your door

- Choose a door in your home that isn't used often.
- Position the web strap over the top of the door or along the hinged side of the door, so the rubber tip is on the opposite side of the door when it is closed.
- Wedge the strap tightly in the door by pulling firmly.
- Before you start to exercise, make certain that you close and lock the door.
- Note: For maximum safety, be sure the gap between the door and door frame is less than 3/16" to prevent the rubber tip from slipping through the gap.

Good posture is key to positive results

Proper posture plays a role in helping you achieve the desired results of your exercise program. Remember these postural principles and follow them, whether you perform your exercises standing, sitting or lying down. Here are four guidelines to keep in mind:

- Your ear, shoulder and hip should form a straight line.
- Keep your pelvis tucked into a neutral position to prevent excessive spine curvature. Tightening the stomach muscles and softening the knees can help.
- Relax your shoulders and pull them up toward your ears. Keep the shoulder blades gently depressed and retracted. Don't round your shoulders or back.
- Your chest will open and lift naturally when you keep your shoulders gently depressed and retracted.



Depressed



Retracted

Why Use the Shoulder Pulley

Your exercise must target your problem area

Pain, weakness and/or stiffness in one area of the body can often create more pain in other areas of the body. That's because the body tries to compensate by having other muscles and joints "take over" some of the work. These compensatory movements can become automatic over time, but they're abnormal and can prevent proper movement and delay healing. That's why it's important to target the correct joint and limit any compensating motion. Doing so promotes recovery and helps reduce pain and irritation. Ask your therapist or doctor to guide you on proper targeting for best results.

Preventing typical shoulder compensations

Excess and uncoordinated movement of the scapulae (shoulder blades) over the rib cage is a frequent compensation in shoulder exercises. The scapulae move up and away from the center of the back when they should be held in a stable position to provide support.

Over time, this compensation weakens and stretches the muscles between the scapulae and the spine. That's why keeping the scapulae pulled back and down in a stable position is so important. Performing exercises that strengthen supporting muscles and help them maintain their proper position is how you can reach this goal. Sometimes, therapists actually begin new rehabilitation programs using only exercises that strengthen the supporting muscles. Once those muscles are prepared, you're ready to hold the proper scapula position during arm motions.

Know the difference between discomfort and pain

While discomfort is normal as you reach the end of your range of motion, pain is not. Improper positioning may cause pain at the end of your range of motion. Contact your therapist or doctor if you experience pain. Discomfort is okay, but pain is not.

Choosing the exercises that are right for you

We've included some of the most commonly used rehabilitation exercises in this Instruction Manual. Many additional exercises can be performed using the BodyMed® Shoulder Pulley. Depending on your rehabilitation plan, instructions for these exercises may be modified. Always perform exercises as directed by your therapist or doctor.

Precautions

Before you begin exercising, make sure all knots are firmly tied and inspect the rope for nicks, cuts or abrasions. If you find signs of wear or stress, do not use.

The BodyMed® Shoulder Pulley device is an assistive tool that can be used to regain, maintain or increase shoulder motion. It is used to help prepare the joint for mobilization, reduce pain and reinforce achieved improvements.

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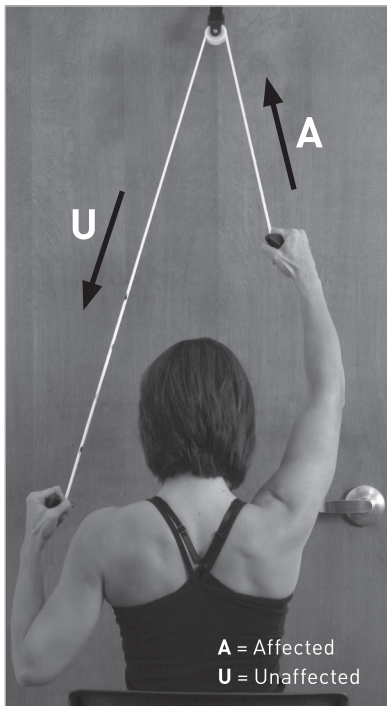
How long and how often should you exercise?

For best results, perform the exercises three times a day for 20 – 30 minutes each session. Start the movements slowly and be sure to work only within a painless range of motion.

How do you know if you're making progress?

As your motion improves, shorten the pulley's rope by tying a nonslip knot at the appropriate length. You can use the knots to measure your progress and as a visual demonstration of success for your therapist.

Sitting Exercises

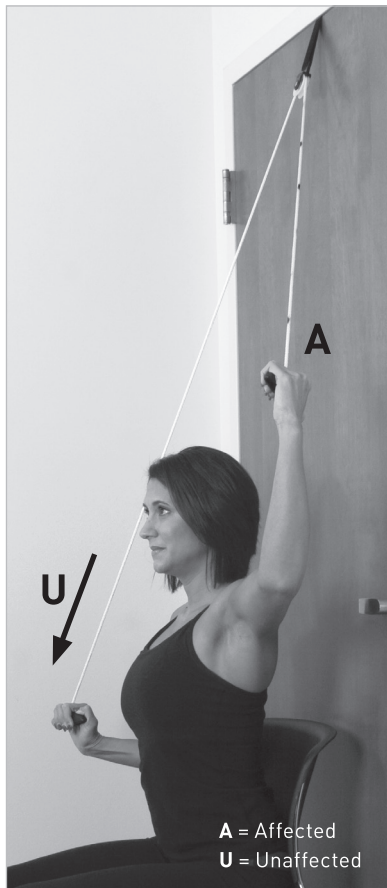


1. Forward Flexion, Facing the Door

- Place the pulley over the top of the door and over the shoulder you're exercising.
- Using a chair or stool, sit facing the door. Position your toes 8" – 10" (20 cm – 25 cm) away from the door.
- Grasp the pulley handles with a secure but relaxed grip. Your thumbs should point behind you.
- Note the posture of your scapulae. Proper posture is of the utmost importance in this exercise. Don't pull your shoulders up near your ears. Move your shoulder blades down your back to allow your shoulders to drop. This engages the scapula stabilization muscles, which must be active before you pull the affected arm up. Use your opposite arm to pull up the affected arm while relaxing the shoulders and maintaining scapula position.
- Hold for a few moments before lowering the arm to starting position.
- Repeat.

2. Forward Flexion, Back to the Door

- With your back toward the door, sit on a chair or stool. You should sit so the pulley is positioned over the affected side. With a secure but relaxed grip, grasp the handles. Be sure your thumb points toward the door.
- Maintain a posture that lowers your shoulders away from your ears by engaging the muscles between your shoulder blades.
- Gently pull the affected arm up, using the opposite arm.
- Re-engage the scapular stabilization muscles.
- Hold for a few moments before lowering the arm to starting position.
- Repeat.



Sitting Exercises



3. Shoulder Abduction

- Position the pulley at the top of the door so that it is directly above the affected shoulder.
- Sit with your back placed flat against the door, keeping your shoulder blades retracted and depressed and your shoulders lowered away from your ears. Your pelvis should stay in a neutral position throughout the entire motion of the exercise and your shoulders should be kept low and level.
- Grasp the pulley handles in both hands. Be sure to keep the affected arm's elbow straight and relaxed.
- As you begin the exercise, the thumb of the affected arm should face upward. As the exercise progresses toward the end of your range of motion, your thumb should rotate toward the door.
- Pull down using your unaffected arm to elevate the affected arm. Remember: you want to pull to a point of stretch, but not pain.
- Hold and repeat as directed.

Sitting Exercises

4. Shoulder Elevation, Scapular Plane (45° Horizontal Abduction)

- Place the pulley at the top of the door, directly over the affected shoulder.
- Sitting on a stool, place your back flat against the door. There should be light contact between the door and your shoulder blades.
- With thumbs pointing upward and toward the pulley, grasp the handles lightly. Place the affected arm at a 45° angle from the level of the floor. Keep your elbows straight, and shoulders low and as level as possible.
- Set the proper posture. Pull shoulder blades together and down. Draw pelvic and abdominal muscles in and up to flatten your back.
- Using the opposite arm, pull the affected arm up. Remember: pull only to the point of stretch, not pain.
- Repeat.



Front View



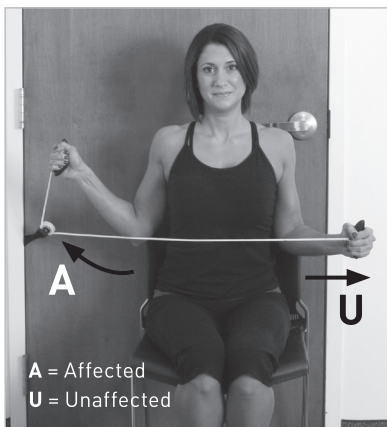
Side View

Sitting Exercises



5. External Rotation

- Sitting on a stool, place your back flat against the door. Be sure to keep shoulder blades in contact with the door.
- Position the pulley on the side of the door at a height level in line with the elbows. Make sure the pulley is closest to the affected arm.
- Keep shoulders low and away from your ears, retract shoulder blades and maintain abdominal and pelvic control.
- Hold the affected arm against your side. Bend the elbow 90°, keeping your upper arm against your side. The shoulder should remain relaxed.
- Grasp the handle with the hand on the affected arm so the rope is between your second and third fingers and your thumb faces up. Keep your wrist as straight as possible.
- With the unaffected arm, slowly pull outward on the pulley. This will cause the affected arm to rotate up and away from your body. Remember to pull only to the point of stretch, not pain.
- Repeat.

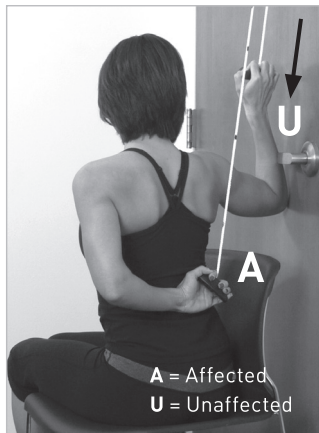
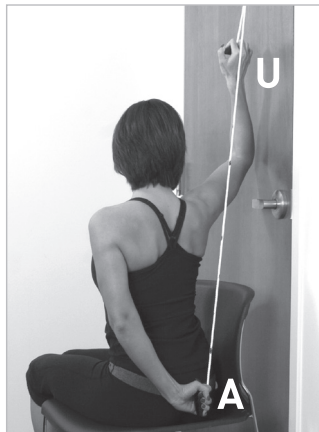


6. Internal Rotation

Use this exercise to help stretch your arm up behind your back. Mobility in this area is often the most difficult to regain.

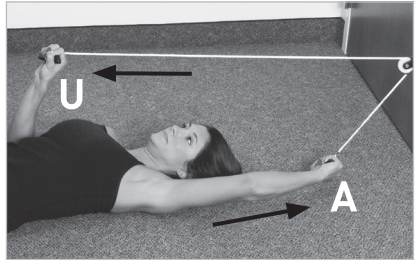
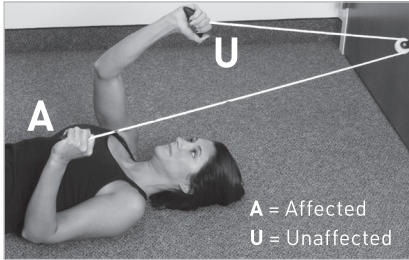
- Sit on a stool with your back to the door. The pulley should be at the top of the door directly above the unaffected arm.
- Place the affected arm down by your side, rotating your wrist so the back of your hand faces your back. Grasp the pulley handle with the rope between your second and third fingers, with your thumb pointing up.
- Use the opposite hand to gently pull the affected arm up higher on your back.
- When you reach full range of motion, stop pulling with your opposite hand. Hold the affected arm in a raised position for a few moments. Once relaxed, try to pull the arm up a bit more with the unaffected arm. Remember to move only to the point of stretch, never pain.
- Keep the shoulder down and back throughout this exercise.
- Repeat.

Note: These pictures are for illustrative purposes. In this exercise, your back should be toward the door.



A = Affected
U = Unaffected

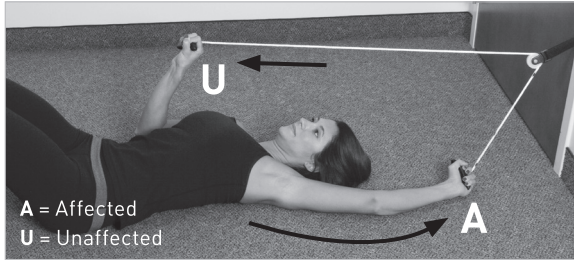
Supine Exercises



7. Shoulder Flexion

- Attach the pulley to the door and place it directly above the affected shoulder, approximately 6" – 12" (15 cm – 30 cm) above the ground.
- Lie on the floor on your back about 4' (1.2 m) away from the door with your head facing the door. Pull your shoulder blades together and down so they rest flat against the floor.
- Raise your arms and grasp a handle in each hand. Your thumbs should be pointing downward. With the unaffected arm, pull the handle toward your feet. This will pull the affected arm up.
- Continue pulling until you reach a point of full stretch in the affected arm, but never pain. Hold for a few moments.
- Repeat as directed.

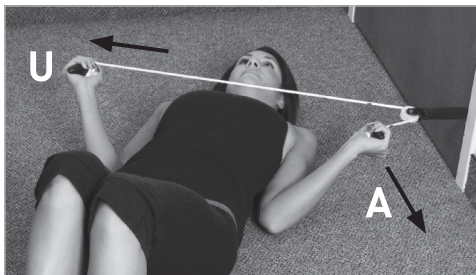
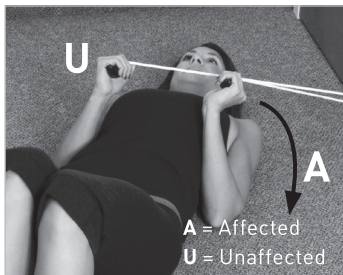
Supine Exercises



8. Shoulder Abduction

- Attach the pulley to the door and place it directly above the affected shoulder, approximately 6" – 12" (15 cm – 30 cm) above the ground.
- Lie on the floor on your back about 4' (1.2 m) from the door with your head facing the door. Pull your shoulder blades together and down so they rest flat against the floor.
- Raise your arms. Grasp a handle in each hand. The palm of the affected shoulder should face the ceiling. Pull downward with the unaffected arm while keeping the affected arm as flat as possible against the floor as it moves up towards the door.
- Continue pulling until you reach a point of full stretch in the affected arm, but never pain. Hold for a few moments.
- Repeat as directed.

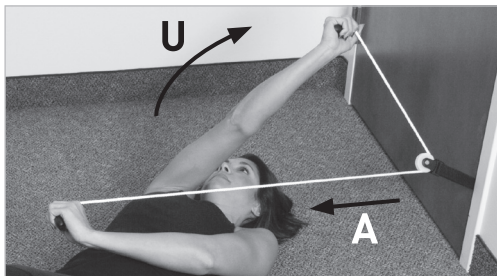
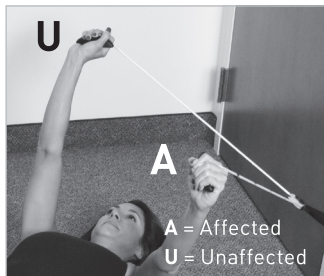
Supine Exercises



9. External Rotation

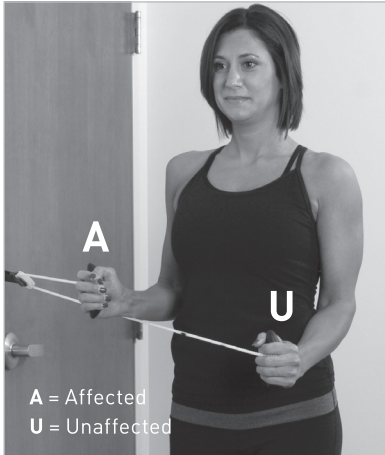
- Attach the pulley to the door so it is 2" – 3" (5 cm – 8 cm) above the floor. It should line up at your shoulder level.
- Lie down on your back about 2' (0.60 m) from the door with the affected shoulder closest to the door.
- Bend both knees to flatten your back so the small of your back touches the floor. Also, pull shoulder blades together and down so they are flat against the floor.
- Bend the elbow on the affected side to 90° and keep it next to your side throughout the exercise motion.
- Relax your shoulders and gently pull outward with the unaffected arm.
- Continue pulling until you reach a point of full stretch, but never pain. Hold for a few moments.
- Return to original position and repeat as directed.

Supine Exercises



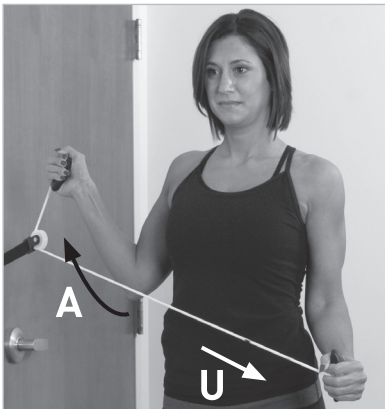
10. Horizontal Adduction

- Adjust the pulley so it is about 2" – 3" (5 cm – 8 cm) above the floor. It should line up at shoulder level.
- Lie down on your back about 2' (0.60 m) from the door with the affected shoulder closest to the door. Raise the affected arm straight into the air, pointing to the ceiling. Keep your shoulder firmly on the floor.
- Pull outward and downward with the unaffected arm to cause the affected arm to be pulled across the chest.
- Keep your shoulder blades down and pulled in toward the center of the back. Do not let your shoulders hunch up toward your ear. Relax as your arm is stretched across your chest.
- Hold, return to original position and repeat as directed.



11. External Rotation

- Position the pulley on the door at about standing elbow height.
- Stand so that the affected shoulder is nearest to the door
- Hold a handle in each hand. Using the unaffected arm, slowly pull outward. This will cause the affected arm to rotate toward the door.
- Keep the elbow of the affected arm close to your side throughout the exercise and the shoulder joint relaxed. Also, keep the wrist of the affected arm straight and relaxed.
- Continue pulling until you reach a point of full stretch, but never pain.
- Hold, return to the original position, and repeat as directed.

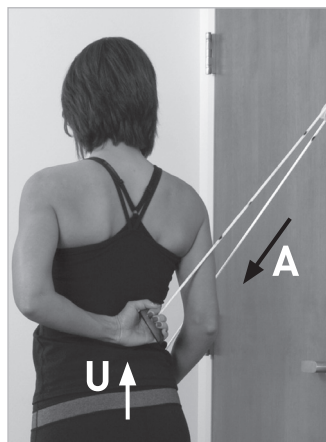
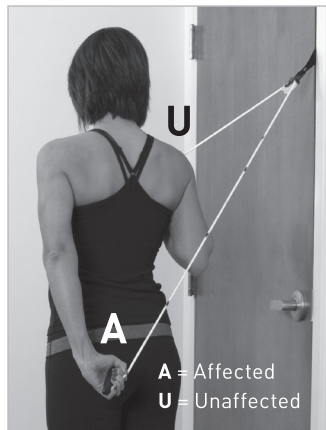


12. Internal Rotation

Use this exercise to help stretch your arm up behind your back. Mobility in this area is often the most difficult to regain.

- Attach pulley to the door so it is close to your standing height. Stand about 10" – 20" (25 cm – 50 cm) from the door with your back to the door.
- Keep the affected arm down by your side and rotate the hand slightly so the back of your hand is against your hip. Hold the handle so the rope goes between your second and third fingers, with your thumb pointing up.
- Using the unaffected hand, gently pull the affected arm up higher on your back.
- Press with gentle tension against the pulley with the affected arm while holding the pulley in position with the unaffected arm. Relax and try to pull your arm up a bit more. Keep your shoulder down and back during this exercise. Remember to move only to the point of a full stretch, never pain.
- Repeat several times.

Note: These pictures are for illustrative purposes. In this exercise, your back should be toward the door.



Exercise Prescription Form

Sitting Exercises

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

Notes:

2. Forward Flexion, Back to the 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:



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