

## Shoulder pulley exercises

*To improve shoulder range of motion at home*



Select a door in your home where there is little to no traffic.

Be sure the door is closed and secured before starting the exercise.

Place strap over the top of the door ensuring the anchor is completely through the door gap.

With the strap in the desired position, close the door and tug on the strap to securely hold it in place.

### Key factors to remember:

- Make sure that you are in good posture to greatly improve the results of your exercises.
- Align your body so that your ears, shoulders and hips fall in a straight line.
- Relax your shoulders so they rest down away from your ears, with your shoulder blades pulled back to naturally lift the chest.

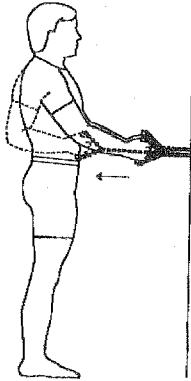
### Shoulder forward flexion/abduction exercise:

- Relax all muscles in the affected shoulder while holding on to the pulley handle.
- With unaffected arm, gently pull the pulley downward until the point of resistance or discomfort is felt in the affected shoulder; hold this position for 10 seconds, repeat 5-10 times.
- Perform this exercise 3-5 times daily, increasing the elevation of affected shoulder as tolerated.

If you should have any questions regarding these exercises, please feel free to contact our office

(704) 323-3190

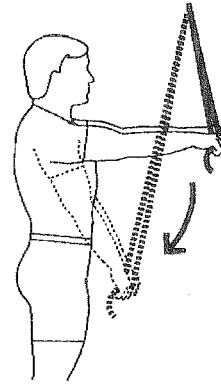
**\*Resist shld retraction close elbows w/elastic**



- Secure elastic at waist level.
- Hold elastic in hands with arms extended.
- Pull back, bending elbows and squeezing shoulder blades together, keeping elbows close to sides.
- Return to start position and repeat.

Perform 3 sets of 10 Repetitions, once every other day.

**\*Resist shld ext bil stand (Lat pull down) w/elastic**



- Attach elastic to door overhead.
- Hold elastic in both hands with elbows straight.
- Squeeze shoulder blades together and pull elastic down to thighs keeping elbows straight.
- Return to start position and repeat.

**Special Instructions:**

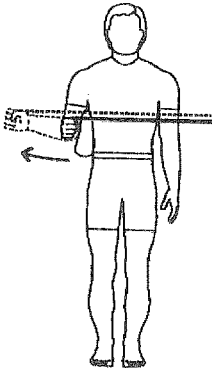
Maintain proper back posture.

Perform 3 sets of 10 Repetitions, once every other day.

Use Elastic.

Hold exercise for 2 Seconds.

**\*Resist shld ER uni stand (abd 45) w/elastic**

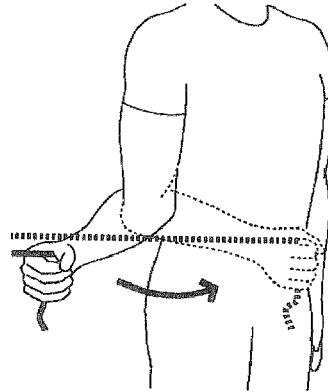


- Attach elastic to secure object at waist level.
- Place pillow between elbow and body.
- Grasp elastic in hand, elbow bent to 90.
- Rotate arm outward and return.
- Slowly return to start position and repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Use Elastic.

**\*Resist shld IR uni w/elastic**



- Secure elastic at waist level.
- Sit or stand with involved side to elastic, elbow at 90, arm at side.
- Grasp elastic and pull hand inward, across body, as shown.
- Slowly return to start position and repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Prepared By: OrthoCarolina

These exercises are to be used only under the direction of a licensed, qualified professional.

OrthoCarolina

Signature: \_\_\_\_\_