

PULLEY EXERCISES FOR THE SHOULDER

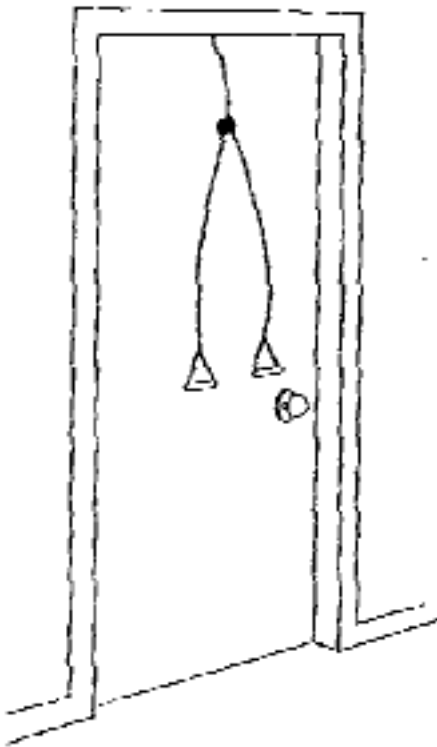
These exercises will help you stretch your injured shoulder. You will always be pulling with your good arm. Do all of these exercises slowly and with control.

Do each exercise _____ times a day.

Repeat each exercise _____ times.

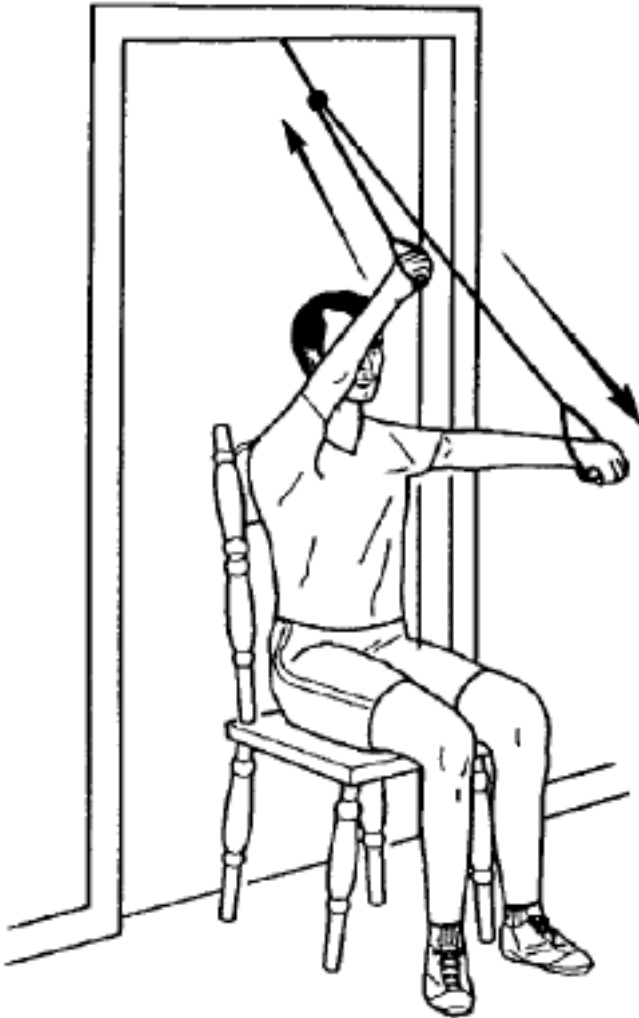
Hold each position for _____ seconds.

ATTACH THE PULLEY TO A DOOR AS SHOWN.



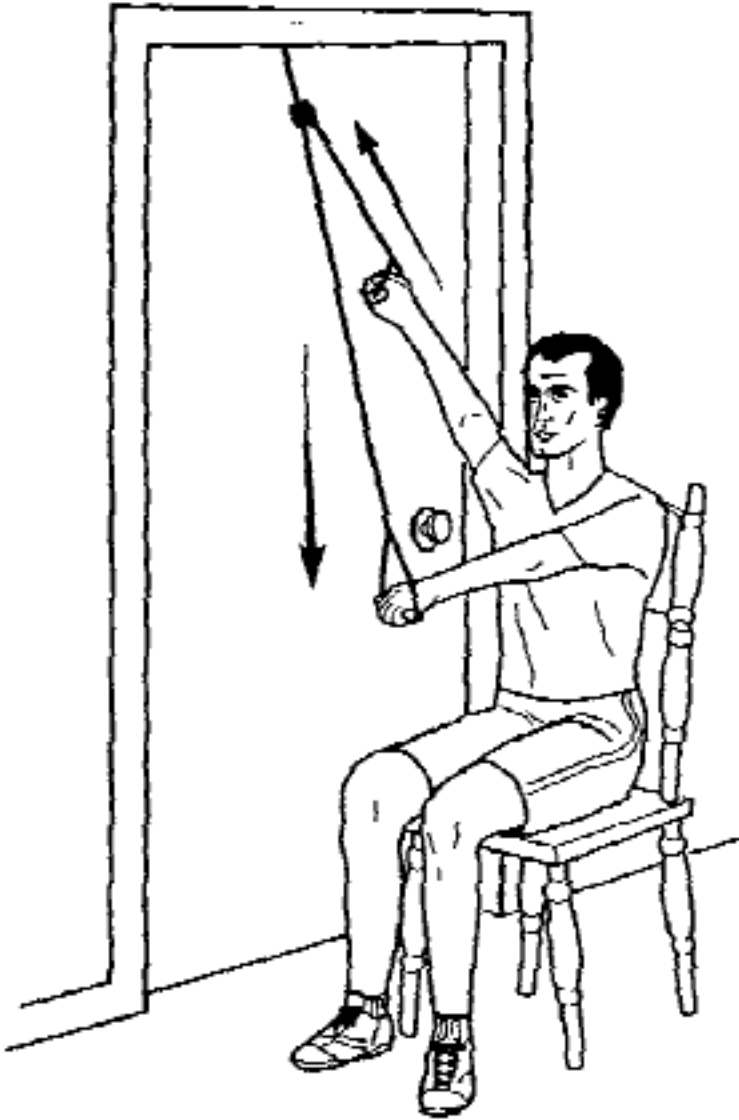
SHOULDER FLEXION:

- o Put a chair against the door and sit so you are facing away from the door.
- o Grasp the pulley handles with both hands.
- o Pull down on the pulley with your good arm. This will lift your injured arm up over your head.
- o Pull it as high as you can.



SHOULDER ABDUCTION:

- o Put a chair sideways to the door so your injured arm is closest to the door.
- o Grasp the pulley handles and pull your injured arm up to the side as high as possible.
- o Pull down with your good arm. This will help to raise your injured arm.



SHOULDER INTERNAL ROTATION:

- o Stand with your back toward the pulleys.
- o Reach over your head with your good arm and grasp the handle.
- o Reach behind your back with your injured arm (as if trying to touch your spine with your thumb) and grasp the other handle.
- o Pull down with your good arm. This should pull your injured arm farther up your back.

