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Shoulder Pulley User Guide

This guide is available in: Español, Deutsche, Italiano, Française. Email info@atemi-sports.com to request.

Thank you for buying Atemi Sports Physiotherapy Shoulder Pulley.

In this guide you will find a series of pulley exercises which can be done to rehabilitate your shoulder after injury or surgery, or to strengthen weak shoulders. Also included are three additional exercises using resistance bands, which are important for the next stage of rehabilitation as well as for general shoulder health.

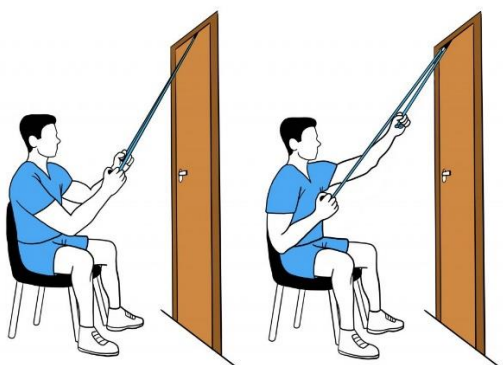
For resistance bands visit us at atemi-sports.com and don't forget to use coupon code **ATEMI-20 for 20% off your purchase.**

For shoulder rehab do these exercises twice a day. You can do 3-4 sets of 10 repetitions for each exercise. Hold the stretch in the final position for about 10 seconds.

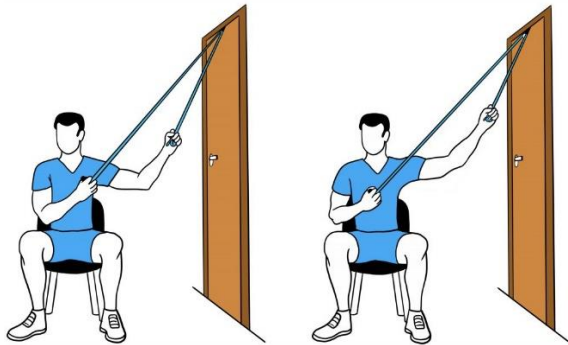
Only move on to the next exercise when you feel comfortable doing so. If your motion is very limited you should spend several days just on the first exercise before starting the second. But if you already have good range of motion, you may be able to do all the exercises from the outset.

Exercises

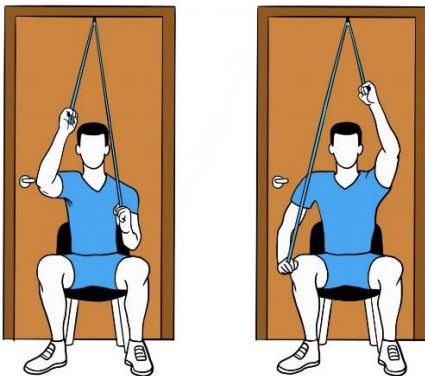
#1 Sit facing the door, as shown. The uninjured arm will always pull the injured arm (in the pictures the left arm is injured). Pulling down on one handle lifts the opposite arm up and towards the door, allowing a gentle stretch in the shoulder joint.



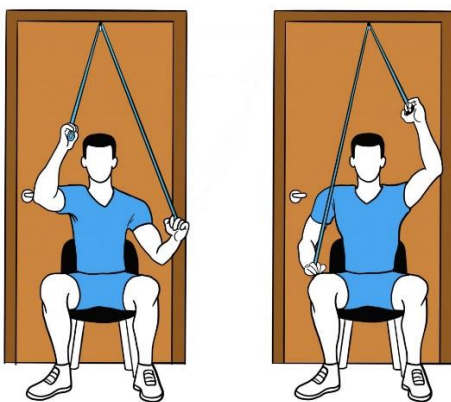
#2 Turn the chair 90 degrees and do the same exercise with your arm being lifted out to the side.



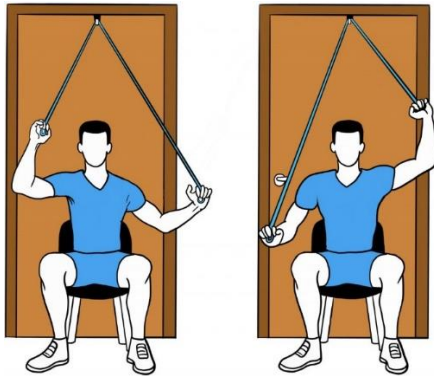
#3 When your range of motion has increased you can turn the chair away from the door and lift the injured arm directly in front of you.



#4 The next exercise, which you can start doing once you've improved further, is to change the angle so that your arm is at 45 degrees. Do the same movement at this angle.



#5 Now you've improved even more so you can start the 5th movement, which is the same as the last two but with your arm at 90 degrees to the side.

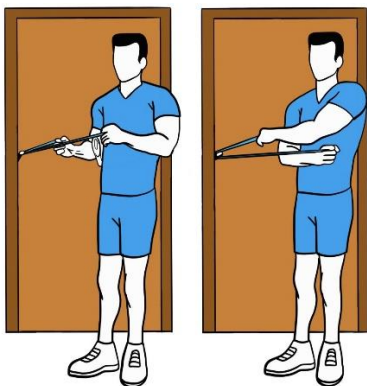


#6 Next, in a standing position, lift the injured arm behind your back. Start with small movements and gradually increase the range of motion.



#7

In the final exercise, stand sideways to the door and pull the injured arm so that it rotates outward. Keep a natural position without hunching up your shoulders or allowing them to slump forward. Your elbow should be held close to your side. Using a rolled up towel as shown can help.

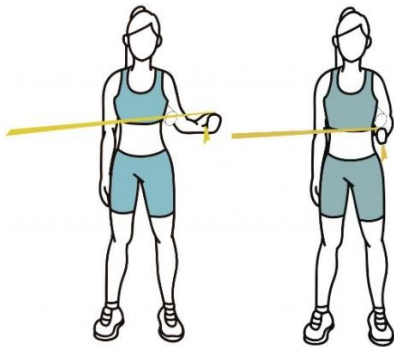


Resistance Band Shoulder Exercises:

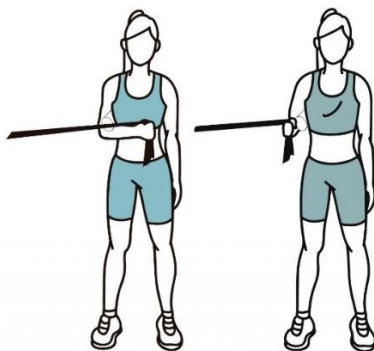
Once your range of motion has improved dramatically, you can also use resistance bands to do further rotational exercise. These will help to strengthen your rotator cuff and injury-proof your shoulders.

For physiotherapy resistance bands, visit us online at atemi-sports.com or just search “Atemi Sports” on Amazon.

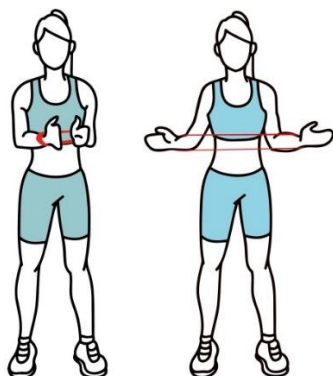
#1 Outward rotation



#2 Inward rotation



#3 Two-handed outward rotation

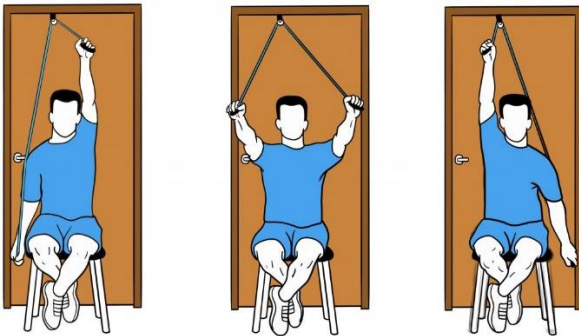


General Stretching/Strengthening Exercises Using a Shoulder Pulley

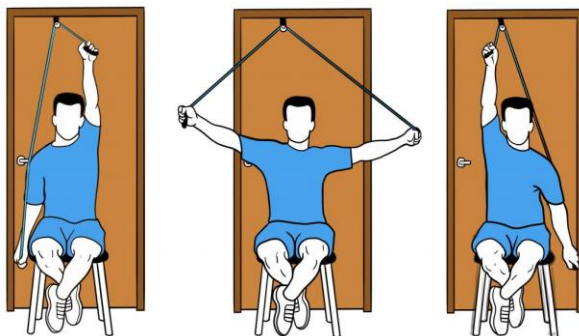
You can also use the shoulder pulley if you are suffering from a general weakness or lack of flexibility in one or both shoulders. It is ideal as a passive exercise tool for the elderly or those suffering from bad shoulder joints.

As in exercises 3-5 above, sit facing away from the door with the pulley wedged into the upper edge of the door frame.

Begin passive exercise first with your arms directly in front of you...



...and then with your arms to the side.



Do these exercises as a continuous movement, first stretching one arm up, holding for a few seconds, and then switching to the other side. Continue the movements as long as you feel comfortable.

Depending on your height, you may need to adjust the length of the rope by changing the position of the knot under the handle.

While doing these exercises, you can use some opposing tension in your arms as you pull down. Doing this will build strength in your rotator cuff and other shoulder muscles, contributing greatly to healthy shoulder joints.

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