

Shoulder Rope Pulley

These exercises are intended to help you stretch an injured shoulder. You will always be pulling with your good arm, allowing your other arm to move passively. When your body allows it, the injured shoulder may assist in the movement where possible. Perform these exercises slowly and with control. Use the MSD Shoulder Pulley only after consulting a trained licensed healthcare professional.



Up and Down | Facing the Door

- Put a chair against the door and sit so you are facing the door. Your toes should be about 25cm from the door.
- Grap a handle with each hand and gently pull the rope straight up and down. Make sure your shoulder does not hurt when stretching it.
- In the downward movement, try to make the shoulder go down and backwards as far as possible.



Up and Down | Back to the Door

- Put a chair against the door and sit so you are facing away from the door.
- Grap a handle with each hand and gently pull the rope straight up and down. Make sure your shoulder does not hurt when stretching it.
- In the downward movement, try to make the shoulder go down and backwards as far as possible.

