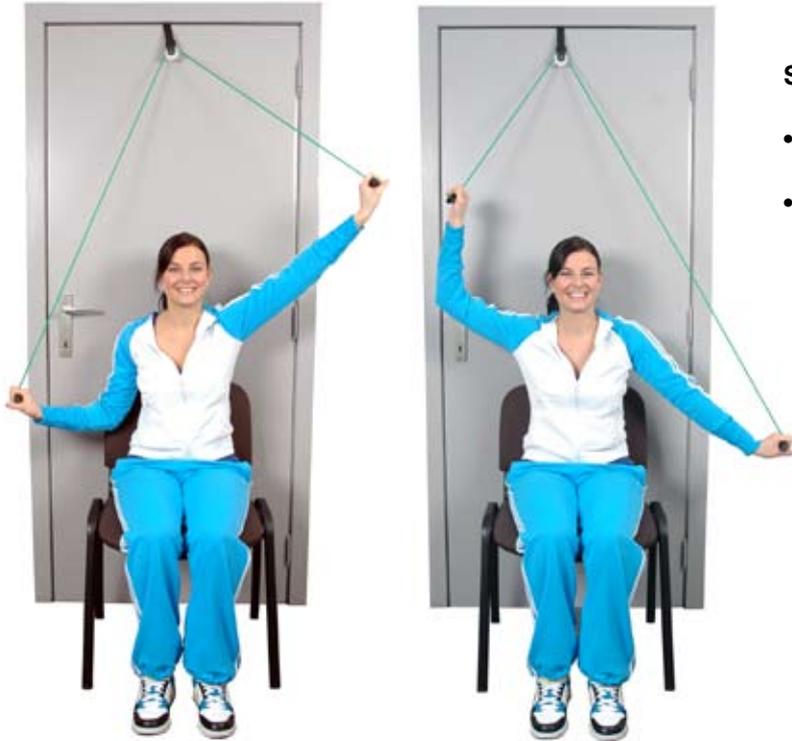


Shoulder Rope Pulley

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.



Side Circle

- 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 up and down. Keep the injured arm stretched to the side, allowing it to make a circular motion to your side. Make sure your shoulder does not hurt when stretching it.



Front Circle

- 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 up and down. Keep the injured arm stretched to the front, allowing it to make a circular motion in front of you. Make sure your shoulder does not hurt when stretching it.

