

SHOULDER PULLEYS

The information in this document has been provided to inform you of the shoulder pulley.

What is the Shoulder Pulley?

The shoulder pulley is ideal for home exercise to improve shoulder movement and coordination following injury or surgery.

The shoulder pulley will cost you \$25 to purchase



Precautions:

- Ensure handles have a firm knot
- Ensure no rips or loose stitching in ropes

How to Set Up:

- The handles should already be connected, if not see the instructions in the box
- Position the strap over the top of the door (lock the door if possible)
- Close the door with the strap secure

Your Physiotherapist will provide you with an exercise program

Contact: Physiotherapy Department Tel: (03) 5143 8560