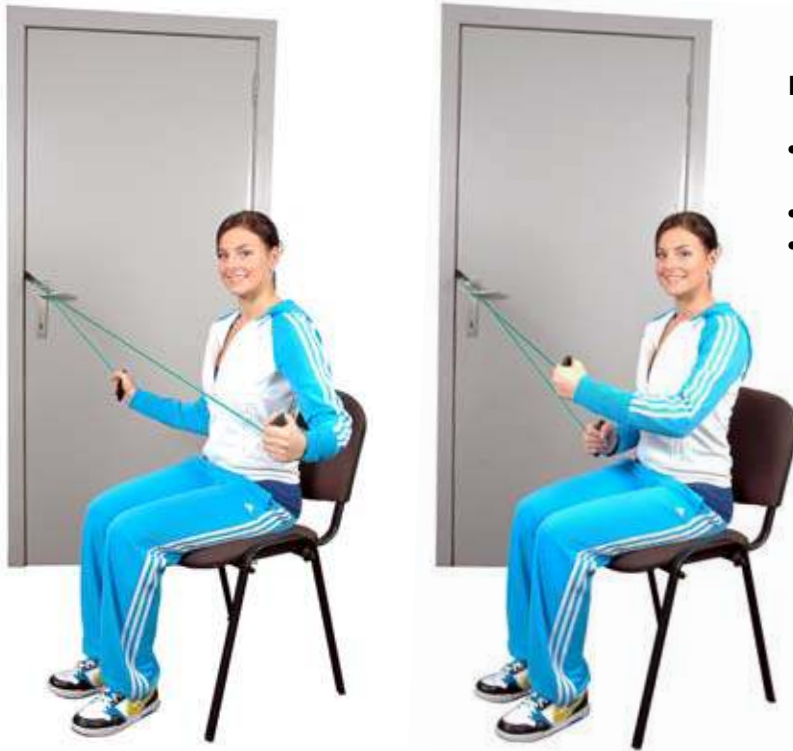


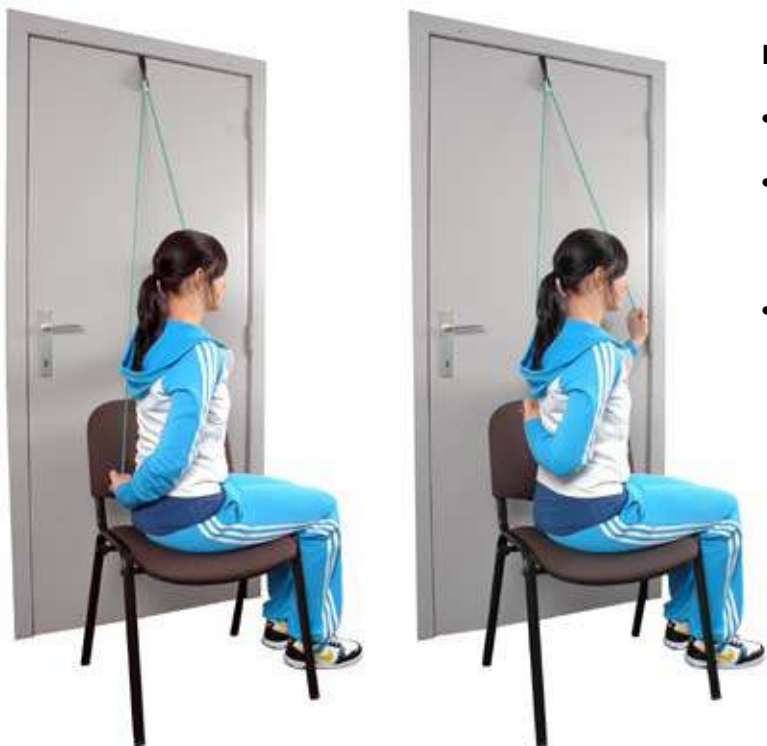
Shoulder Rope Pulley

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.



Rotation

- Put a chair against the door and sit so the side of your injured arm faces the door.
- Hold your injured elbow against your body.
- Grasp a handle with each hand and gently pull with your good arm, making your injured arm rotate



Internal Rotation

- Put a chair against the door and sit so the side of your injured arm faces away from the door.
- Grasp a handle with your injured arm behind your back. Chances are that you will be able to do this by yourself. Have someone hand you the handle if necessary.
- Gently pull with your good arm, making your injured arm go upward behind your back. Be very careful when performing this exercise

