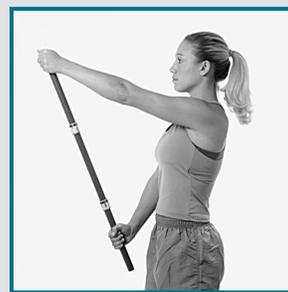
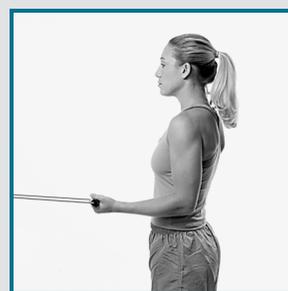


Strengthen
Your
Shoulder
Through
Exercise
Motion



(866) 592-0488

P/N: 025020

Rev. B



Caution: This product contains natural rubber latex which may cause allergic reactions in some individuals.

Attachment Instructions

ATTACHMENT
I

DOOR ATTACHMENT—STRETCH BAND



Knob on opposite side of door from exercise.



Closed door with band in place.



View from exercise side. Stretch band in place.

1. Wrap stretch band around doorknob from the opposite side of your exercise location. Close the door securely, making sure that the tubing is not near the latching mechanism. Test for security prior to doing any exercises.



Hinge side of partially open door, on exercise side.



Closed door with stretch band attached to adapter strap.

2. Use the adapter strap on the hinge side or top of the door jam. With the door ajar, push the “knobbed” end of the adapter strap through the opening, adjust for height. Close door. Attach the stretch band to the adapter strap by depressing the spring tensioned “clip.” Test for security prior to doing any exercises.

ATTACHMENT
II

DOOR ATTACHMENT—PULLEY MECHANISM



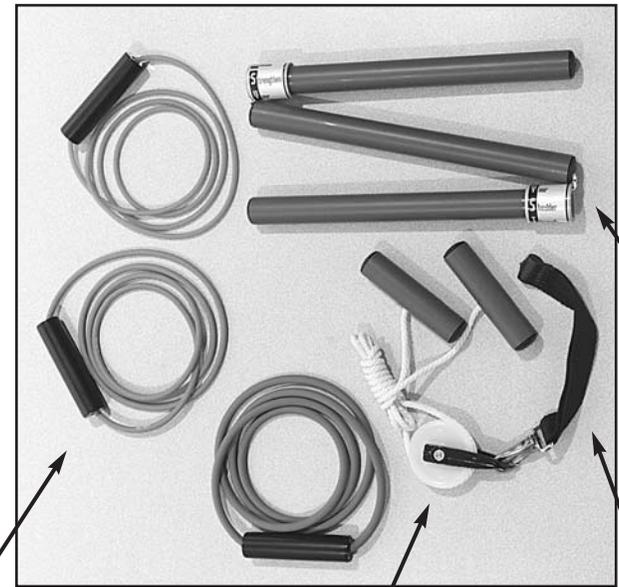
Top of door, on exercise side.



Closed door with adapter strap and pulley mechanism.

Attach the adapter strap to the hinge side or top of the door jam. With the door slightly ajar, push the “knobbed” end of the adapter strap through the opening, adjust for height. Close the door. Attach the pulley mechanism to the adapter strap by depressing the spring tensioned “clip.” Test assembly for security prior to doing exercises.

INSTRUCTIONS



RESISTIVE COLOR BANDS

Green. . . Hard
Red. . . . Medium
Yellow. . . Easy

PULLEY MECHANISM
Includes Rope & Handles

ADAPTER STRAP
To be used with Color Bands and Pulley Mechanism

EXERCISE ROD

PULLEY MECHANISM:

Attach the Adapter Strap to the black looped portion on the wheel assembly. Place the adapter strap in the door jam between the door and frame. Be careful to close the door securely prior to beginning your exercises. The ropes on the pulley mechanism can be shortened if they are too long.

RESISTIVE BANDS:

Begin initially with the yellow band and progress as tolerated to the more resistive colored bands. The adapter strap can be attached to any of the colored bands by means of the “spring clip” to accomplish any of the resistive exercises described in this booklet.

SEE PAGE 16 FOR DETAILED ATTACHMENT INSTRUCTIONS BEFORE USING KIT.

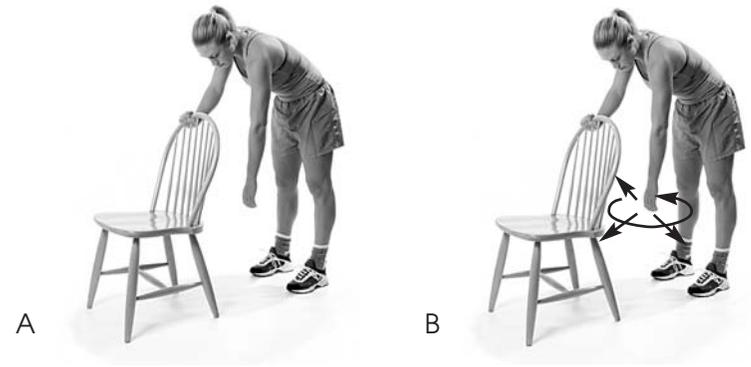
Strengthening Exercises

21. DIAGONAL TWO

Anchor tubing to top of door jam **I** (see page 16). Grasp tubing with thumb facing upward, arm straight, up and towards the body as shown (A). Start with unaffected side facing towards the door. Pull arm outward and downward, letting your head follow the movement. Allow your elbow to bend as you move through the downward motion (B). Hold the endpoint for 3-5 seconds, slowly relax and return to the start position. Repeat.

Perform 10-15 repetitions of this exercise 3 times per day.

Start with an easy colored stretch band, progress to a more difficult one when you can do this exercise easily.

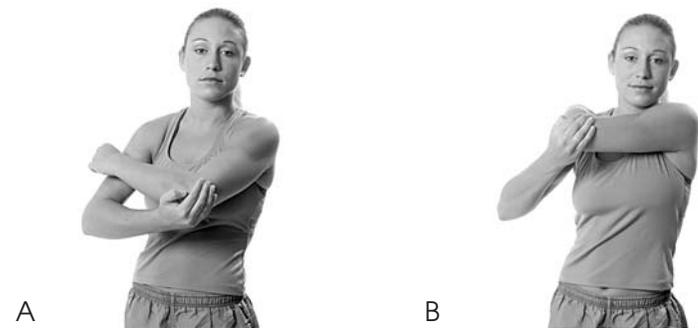


22. ABDUCTION

Anchor tubing under your foot (A). While standing against a wall with your arm relaxed against your thigh, extend the arm up and outward, approximately 30-45 degrees from the wall until the desired endpoint is reached directly out in front of you (B). This is a difficult exercise to perform with correct form, try not to compensate with back or thigh muscles. Hold the end position for 3-5 seconds and slowly return to the rest position. Repeat.

Perform 10 repetitions of this exercise 3 times per day.

Start with an easy colored stretch band, progress to a more difficult one when you can do this exercise easily.

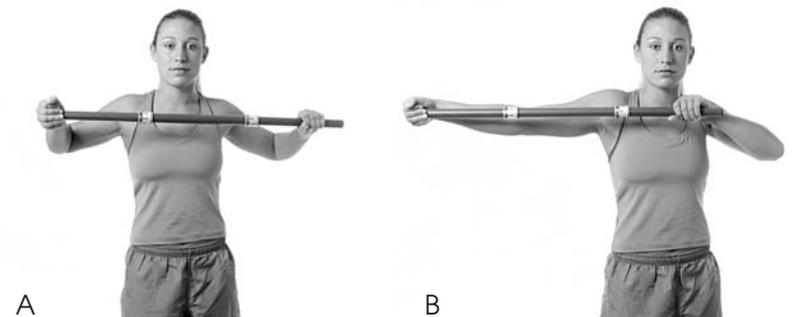
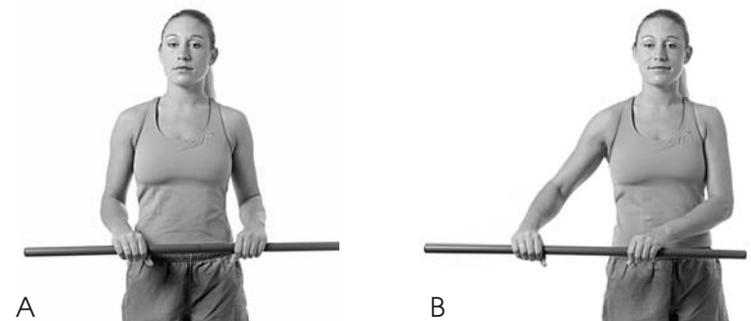


23. SHOULDER FLEXION

Anchor tubing under your foot (A). Stand holding tubing along your side. Raise arm up until it is directly out in front of you (B). Hold the end position for 3-5 seconds then slowly return to the starting position. Repeat.

Perform 10-15 repetitions of this exercise 3 times per day.

Start with an easy colored stretch band, progress to a more difficult one when you can do this exercise easily.



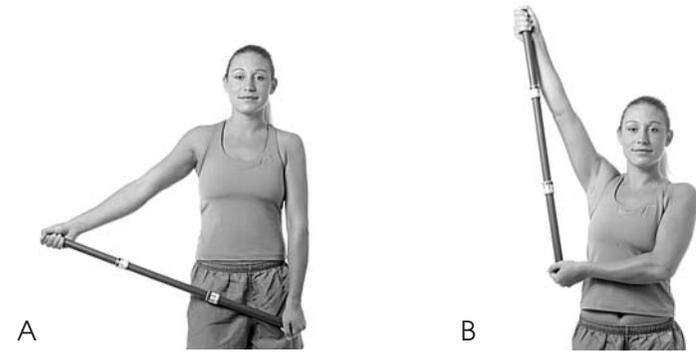
Strengthening Exercises

18. EXTENSION

Anchor tubing to door jam at shoulder height **I** (see page 16). Stand holding stretch band extended out in front of you, arm straight (A). Pull arm down and backward as shown until your hand is at your side (B). Hold end position for 3-5 seconds and slowly relax, return to start position. Repeat.

Perform 10-15 repetitions of this exercise 3 times per day.

Start with an easy colored stretch band, progress to a more difficult one when you can do this exercise easily.

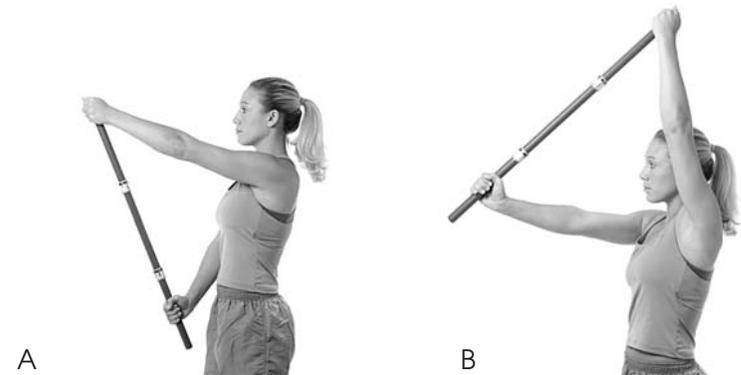


19. PULL DOWN

Anchor tubing to top of door jam **I** (see page 16). Starting position – grasp handle overhead, arm straight, hand pointing to ceiling (A). Pull straight arm down and forward as shown to the desired end position, arm directly forward (B). Hold end position for 3-5 seconds and slowly relax. Return to starting position. Repeat.

Perform 10-15 repetitions of this exercise 3 times per day.

Start with an easy colored stretch band, progress to a more difficult one when you can do this exercise easily.

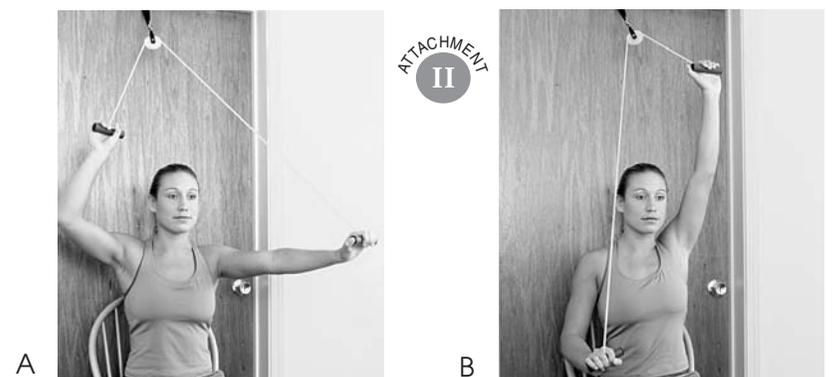
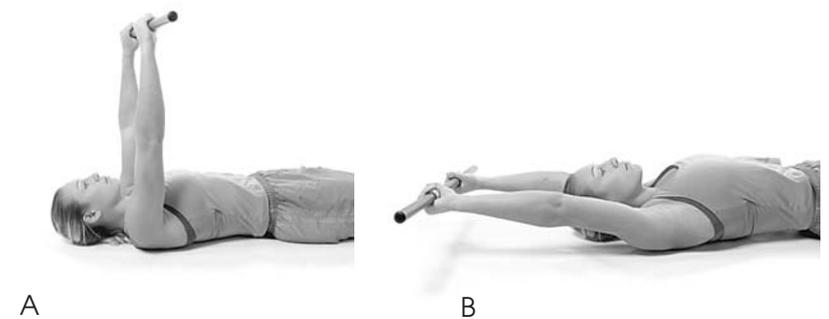


20. DIAGONAL ONE

Anchor tubing to top of door jam **I** (see page 16). Grasp tubing with thumb facing upward, arm straight, up and away from the body as shown (A). Start with affected side facing towards the door. Pull arm inward and downward, letting your head follow the movement. Allow your elbow to bend as you move through the downward motion. Notice that the hand rotates as it crosses the body, ending with the thumb facing towards you at the endpoint (B). Hold the endpoint for 3-5 seconds, slowly relax and return to the start position. Repeat.

Perform 10-15 repetitions of this exercise 3 times per day.

Start with an easy colored stretch band, progress to a more difficult one when you can do this exercise easily.



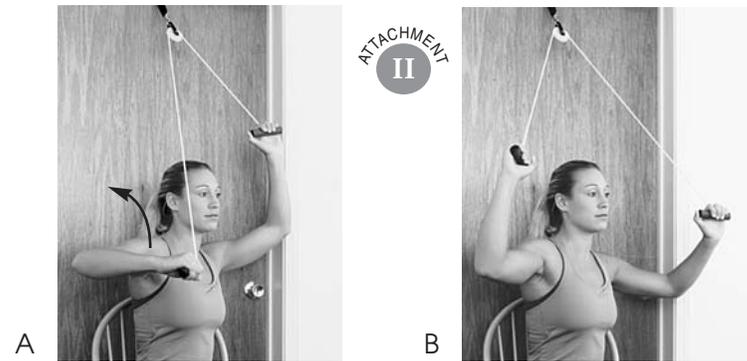
Strengthening Exercises

15. INTERNAL ROTATION

Anchor tubing to door jam **I** (see page 16), slightly above your shoulder height. To begin, keep arm elevated with the elbow bent at 90 degrees, hand pointing to the ceiling, as shown (A), having slight tension on the tubing in the starting position. Bringing the hand forward, rotate the arm downward from the starting position to the desired endpoint, hand directly out in front of your chest (B). Do this exercise slowly both forward and returning to the starting position. Hold exercise at the end point for 3-5 seconds prior to returning to the starting position.

Perform 10-15 repetitions of this exercise 3 times per day.

Start with an easy colored stretch band, progress to a more difficult one when you can do this exercise easily.



16. EXTERNAL ROTATION

Anchor tubing to door jam or doorknob **I** (see page 16). Grasp handle with your thumb up, stand with your unaffected side towards the door (A). Rotate arm outward, keeping elbow bent and as close to your side as is comfortable (B). Hold end position for 3-5 seconds and slowly relax. Repeat.

Perform 10-15 repetitions of this exercise 3 times per day.

Start with an easy colored stretch band, progress to a more difficult one when you can do this exercise easily.

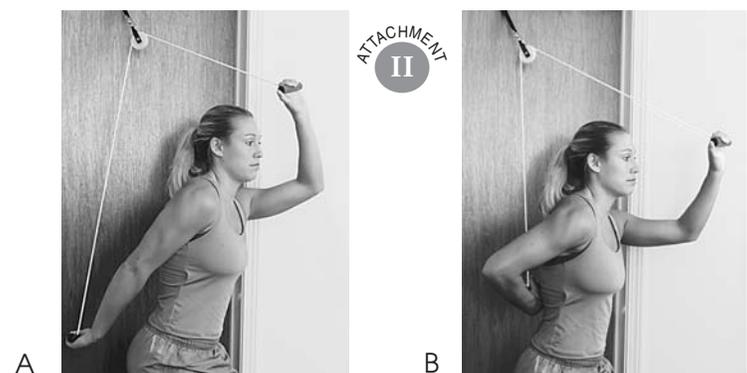


17. INTERNAL ROTATION

Anchor tubing to door jam or doorknob **I** (see page 16). Stand with affected side towards the door, grasping the handle with your thumb up (A). Rotate the arm inward, keeping the elbow bent and as close to your side as is comfortable (B). Hold end position for 3-5 seconds and slowly relax. Repeat.

Perform 10-15 repetitions of this exercise 3 times per day.

Start with an easy colored stretch band, progress to a more difficult one when you can do this exercise easily.



Strengthening Exercises

13. HORIZONTAL ROWS

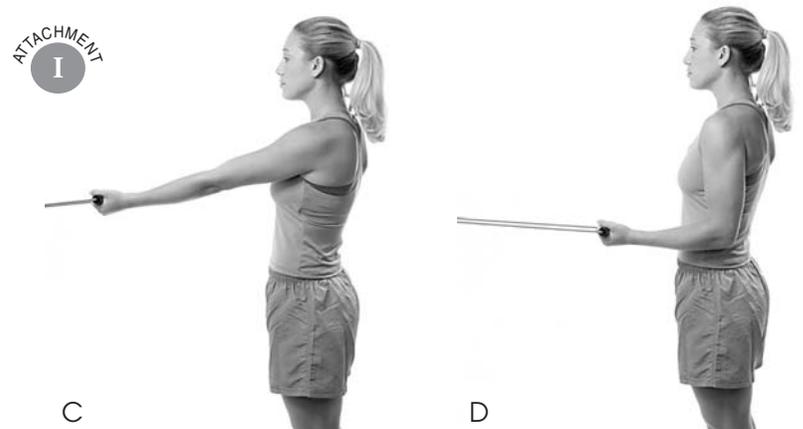
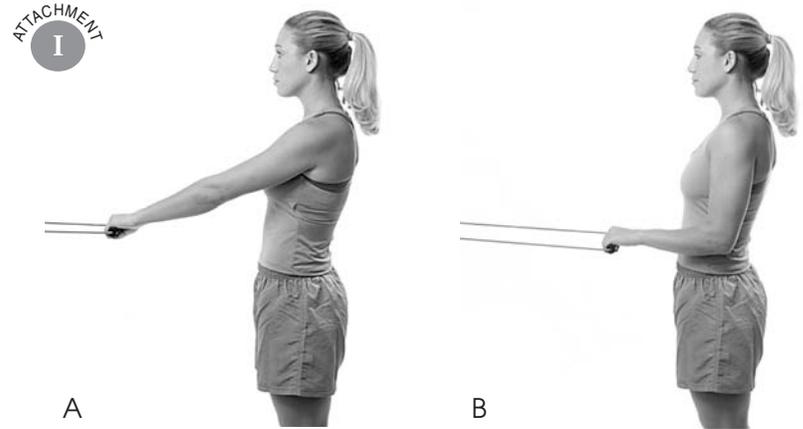
Anchor tubing to door jam or doorknob **I** (see page 16). Hold tubing by handle with your arm extended (A). With tension on the tubing, pull back on the handle until your elbow is along your side, as shown (B). Hold position for 3-5 seconds, slowly extend your arm to the original starting position.

Perform 30 repetitions of this exercise, 3 times per day.

Start with an easy colored stretch band, progress to a more difficult one when you can do this exercise easily.

VARIATION

This exercise may be performed with your palm facing downward on the handle (A+B) or palm facing upward on the handle (C+D).

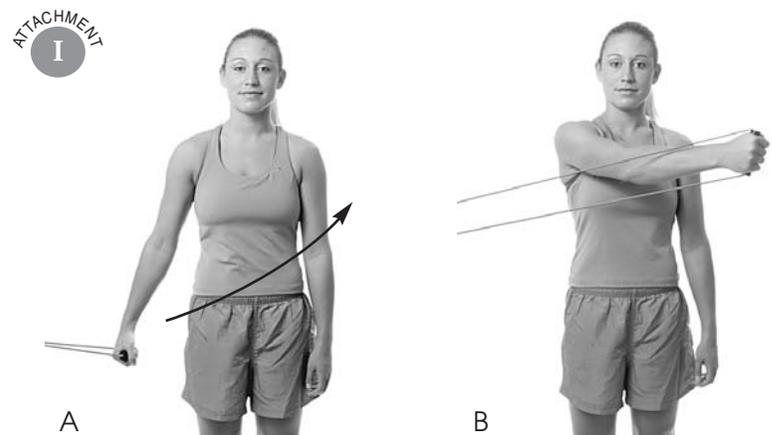


14. FLEXION

Anchor tubing to door jam or doorknob **I** (see page 16). Hold tubing by handle with your thumb facing upward (A). Raise your arm up and across your body as shown, arm straight and extended (B). Hold for 3-5 seconds, slowly lower your arm to the original starting position. Repeat.

Perform 10-15 repetitions of this exercise 3 times per day.

Start with an easy colored stretch band, progress to a more difficult one when you can do this exercise easily.



Motion Exercises

9. EXTERNAL ROTATION—ABDUCTION – PULLEY

Secure pulley device to adapter strap at top of door jam **II** (see page 16). Sit in a chair with your back to the door and the chair as close to the door as possible. Starting position: (arm supported on back of chair preferred) arm extended out to the side, elbow bent, hand facing directly forward (A). Pull down on pulley with your other arm to assist in raising the forearm upward and backward (B). Do NOT lift your entire arm with this exercise.

Do 30 repetitions of this exercise 3 times per day.

ATTACHMENT
I



A



B

10. WALL CRAWLS—SPIDER

Stand facing near a wall as shown (A). Slowly “walk” your fingers up the wall, moving up and down as well as side to side. Support your hand with the wrist as you extend farther up the wall. Perform this exercise for approximately 1 minute, covering as much of the wall surface as possible from a single standing position.

Do this exercise 3 times per day.

ATTACHMENT
I



A



B

11. EXTENDED WALL CRAWL

Stand near a wall as shown, with your affected side towards the wall (A). Slowly “walk” your fingers up and down, then from side to side with you arm outstretched. Perform this exercise for approximately 1 minute, covering as much wall surface as possible from a single standing position.

Do this exercise 3 times per day.

ATTACHMENT
I



A



B

12. INTERNAL ROTATION PULLEY

Secure pulley device to adapter strap at top of door jam **II** (see page 16). Position yourself under the pulley wheel with the hand of the affected side on your tailbone holding a pulley handle and the other handle positioned in front of you (A). Pull down on the pulley handle in front of you, relax your affected arm as it slides up your spine (B). Hold the end position for 3-5 seconds, relax. Repeat.

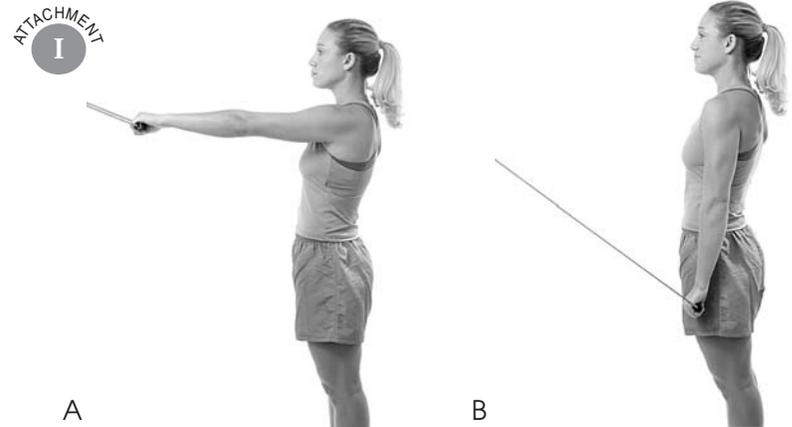
Perform 10-15 repetitions of this exercise 3 times per day.

Motion Exercises

5. ABDUCTION—ASSISTED – ADVANCED

Stand holding the exercise rod as shown (A), with hand of the affected arm grasping the end cap. Using the rod for assistance, push with your good arm up and overhead to stretch your affected arm out to the side and overhead (B), keeping your affected arm as straight as possible during this motion. Hold in the upright position for 5-10 seconds. Slowly lower your affected arm. Repeat.

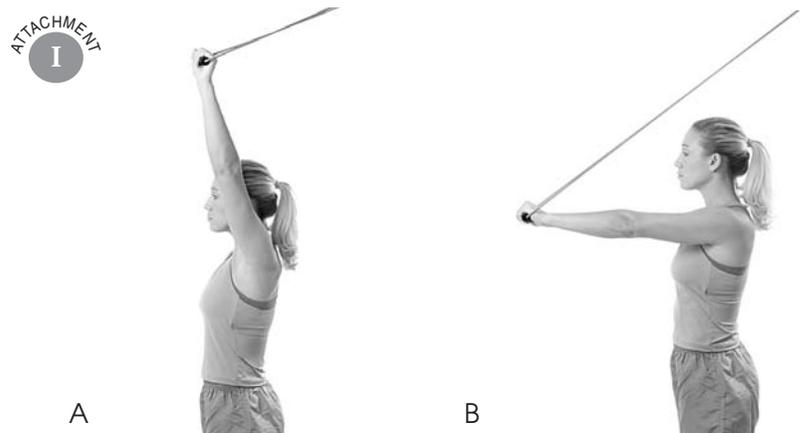
Perform 10 repetitions of this exercise 3 times per day.



6. FLEXION—ASSISTED

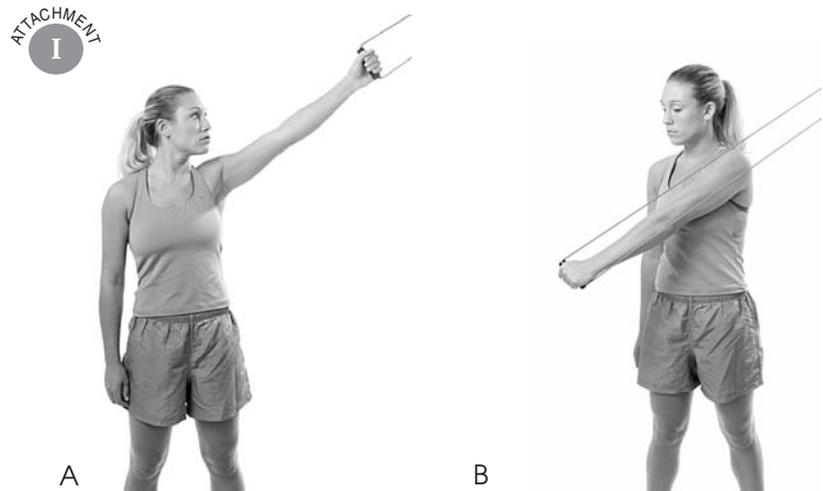
Stand as shown (A), with affected hand at the top of the exercise rod. Using the rod for assistance, stretch your arm higher overhead, directly out in front of you (B). Maintain your affected arm as straight as possible during this motion. Hold extended for 5-10 seconds. Lower slowly. Repeat.

Perform 10 repetitions of this exercise 3 times per day.



7. EXTENSION—SUPINE

Lie on your back as shown (A), holding exercise rod with both hands directly out in front of you. Raise both hands in unison overhead until they are as fully extended as is comfortable (B). For those with a weak back, raise your knees to provide support to your lower back during the exercise motion. Hold the end position for a few seconds and slowly return to the starting position. Repeat.



8. ABDUCTION—PULLEY

Secure pulley device to adapter strap at top of door jam **II** (see page 16). Sit in a chair with your back to the door and the chair as close to the door as possible. Raise the outstretched affected arm out to the side and overhead, pulling down on the pulley with the other hand for assistance (B). Feel the stretch. Hold the end position for 5-10 seconds, return to the starting positions. Repeat.

Do 30 repetitions of this exercise 3 times per day.

Motion Exercises

1. SHOULDER PENDULUM—SEE/SAW

Assume the position shown (A), using either a chair or table to provide support. Allow your affected arm to hang, relaxed. Sway your body slowly to move the arm forward and backward (B) (See/Saw). Repeat this motion side to side and eventually to a circular motion (Pendulum). Perform this circular exercise in both clockwise and counter-clockwise direction. Allow 1-2 minutes for this exercise.

Do exercise 3 times per day.

2. PRETZEL STRETCH—HORIZONTAL ABDUCTION

Stand grasping your affected arm at the elbow with the other hand as shown (A). Pull the elbow and arm up and across your chest so that you feel a stretch (B). Hold for 5-10 seconds. Be careful not to pull too aggressively, this is designed to stretch your shoulder joint and the area surrounding the injury site.

Perform 10 repetitions of exercise at least 3 times per day.

3. ABDUCTION—ASSISTED – BEGINNER

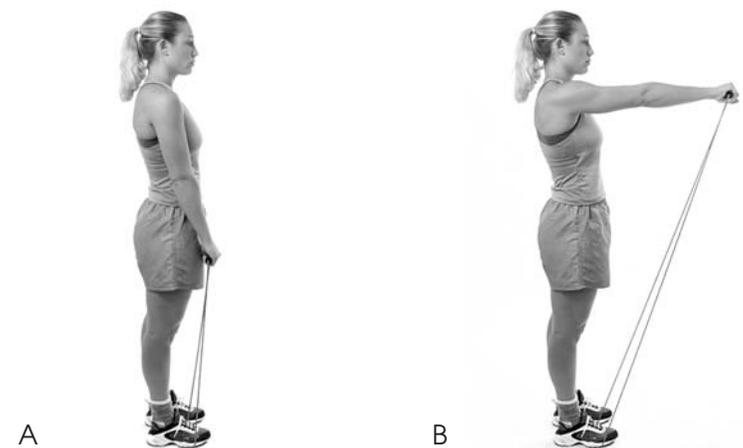
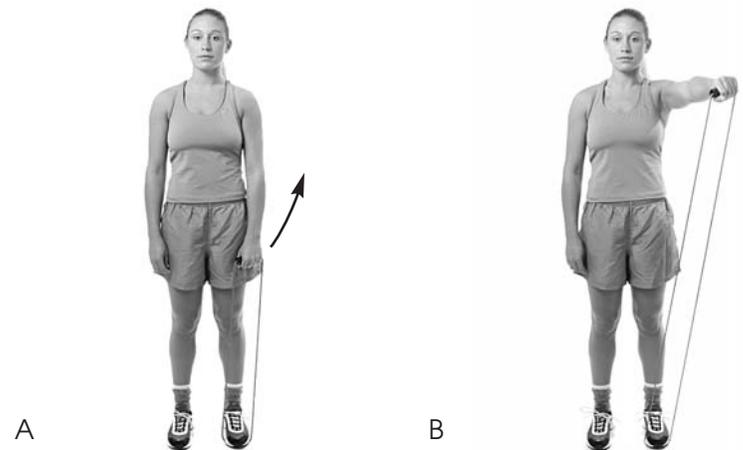
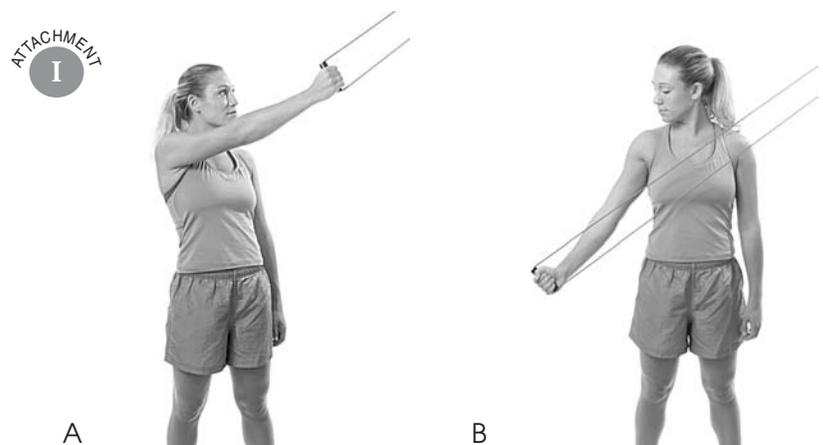
Stand with elbows bent to 90 degrees, holding the exercise rod in front of you (A). Using rod for assistance, gently raise your affected arm out to the side by pushing the rod with your good arm (B). Hold for 5-10 seconds.

Do at least 10 repetitions of exercise 3 times per day.

4. ABDUCTION—HORIZONTAL

Stand holding the exercise rod as shown (A), with hand of affected arm covering end cap. Using the rod for assistance, keep your affected arm straight as you stretch it out to the side (B). Hold for 5-10 seconds.

Do at least 10 repetitions of this exercise 3 times per day.



THE SYSTEM

SHOULDER THERAPY KIT

INTRODUCTION:

This Shoulder Management System is designed to help you regain normal use of your shoulder.

This booklet contains a variety of simple exercises that will aid in strengthening the muscles surrounding your shoulder. These exercises, when done consistently and properly, will help you rehabilitate your shoulder and speed your recovery.

By dilligently following this conservative home program, you and your physician can more effectively communicate about your injury and further your road to recovery.

-
- *Do exercises slowly and carefully.*
 - *Do exercises only as directed by your Healthcare Professional.*
 - *Consult your Health Care Professional if you experience any unusual pain or an increase in discomfort as a result of performing these exercises.*
 - *Remain pain free.*