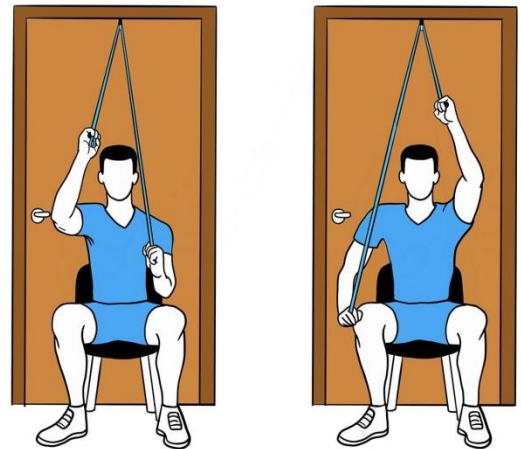




Forward Flexion Pulley Exercises

1. Sit in a chair with your back towards the door. Position yourself so that the pulley is directly overhead. Hold the handles with a relaxed grip with your palms facing the floor.
2. Lower your shoulders away from your ears and maintain a light engagement of the muscles between your shoulder blades.
3. Push down with the uninvolved arm, allowing the involved arm to passively advance upwards.
4. Once at the top of your range of motion, gently push back down with the involved arm to return to your initial position.
5. COMPLETE EXERCISES TWICE A DAY
(Continue doing the pendulum exercises)
 - a. Step 1: 2 sets of 10 repetitions
 - b. Step 2: 2 sets of 15 repetitions
 - c. Step 3: 2 sets of 20 repetitions



Pulley Exercise Tips and Tricks

- We recommend you first grab the pulley with your involved hand, then turn around and sit. This will be easier and more comfortable for you.
- Your arm needs to be straight to ensure that the shoulder joint is moving and not the elbow joint.
- You can shorten the rope length to increase how far you move your arm. Just advance the rope through the handle and tie a new knot, as seen in the picture to the right.

