

# USE AND MAINTENANCE MANUAL

## Shoulder Pulley

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**VT SP-194 AG**



## Shoulder Pulley (Wall-Mounted)

### **Product Description**

The Wall-Mounted Shoulder Pulley is a physical therapy tool designed to improve shoulder range of motion, flexibility, and strength. It is widely used in rehabilitation for rotator cuff injuries, post-surgery recovery, and frozen shoulder treatment.



## Installation Instructions

***Note: Installation should be done on a strong wall or door frame.***

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1. Select a wall at appropriate height (approximately 7 feet or higher).
2. Mark and drill holes using the mounting plate as a template.
3. Fix the pulley bar using wall plugs and screws provided.
4. Ensure the pulley wheels move freely and are securely mounted.

## Safety Guidelines

- Always start exercises under supervision of a physiotherapist.
- Perform slow, controlled movements to avoid strain.
- Stop immediately if sharp pain or dizziness occurs.
- Keep the area around the unit free of obstacles.



## **How to Use**

### 1. Shoulder Flexion:

- Sit or stand below the pulley.
- Hold one handle in each hand.
- Use the unaffected arm to pull the pulley, raising the affected arm slowly overhead.
- Lower gently and repeat 10–15 times.

### 2. Shoulder Abduction:

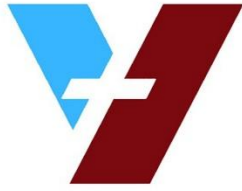
- Sit sideways to the pulley.
- Pull with the good arm to lift the affected arm out to the side.
- Do not exceed pain-free range.

### 3. External/Internal Rotation:

- Face the pulley directly.
- Use the rope to gently rotate the shoulder joint inward or outward.
- Keep elbow bent at 90 degrees.

## **Cleaning and Maintenance**

- Wipe with dry or slightly damp cloth.
- Check pulley wheels and rope condition monthly.
- Do not expose to water or direct sunlight for extended periods.



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### **Recommended Usage**

- 10–15 minutes per session, twice daily.
- Increase repetitions gradually as advised by your physiotherapist.

### **Warning**

Discontinue use if you experience:

- Severe pain
- Numbness
- Swelling
- Loss of movement

### **Contact & Support**

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