

## Overdoor Shoulder Exerciser with Dual Pulleys

### Installation Instructions

1. Open box and verify ALL pieces are included.
  - (A) door bracket
  - (B) swivel pulleys (2)
  - (C) V-shaped arm
  - (D) exercise cord
  - (E) handles (2)
  - (F) stoppers (2)
2. Slide each pulley onto the V-shaped arm. Position each one on the outside of the grooves in the V-shaped arm.
3. Holding bracket in one hand, insert top end of arm into notch on the door bracket. Squeezing together the arms, insert bottom of the arm into hole on the door bracket.
4. Run end of exercise cord through BOTH pulleys.
5. Place stoppers between pulley and handle on each side.
6. Thread the exercise cord through the handles.
7. Securely tie a knot at the end of each side of the exercise cord.
8. Pull the exercise cord while holding the handle, so the knot is inside the handle.
9. Repeat steps 6-8 for the second handle.
10. Place door bracket securely on top of door unit is to be used.

#### ***How to adjust the rope:***

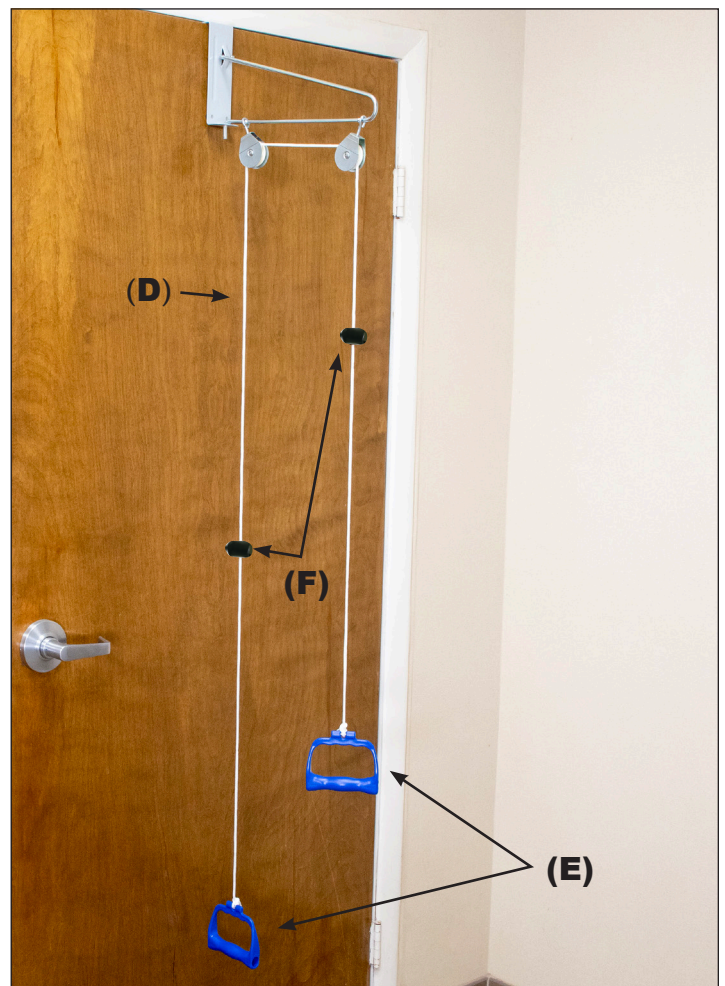
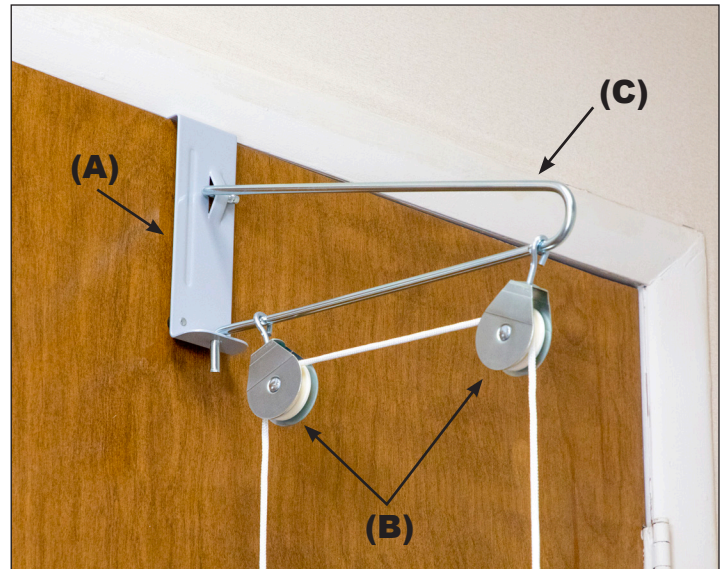
11. To adjust the length of the rope, tie a secure knot at the desired point. Pull cord through the handle making sure knot holds.

#### ***How to adjust the stoppers:***

12. Stoppers limit range-of-motion to prevent overextension of shoulder. Push button on stopper and slide to desired location before beginning to exercise.

***Follow Therapist or Doctor's instructions on use of exercise pulley.***

**Turn over for additional information**



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### **Precautions:**

- Before beginning any type of exercise program, consult your healthcare provider.
- **Only perform exercises prescribed by your therapist or physician.**
- This product is not a toy and should not be used without adult supervision. Consult your physician before allowing children to exercise.
- Before each exercise session, inspect the shoulder pulley for defects, cuts or wear. Replace any damaged product immediately.
- Consult your healthcare provider if you experience pain while performing your exercises.
- Hold the handles firmly to prevent them from slipping out of hands during use.
- Do not wrap the rope of the shoulder pulley around any body part.
- Ensure that the connection to the door is secure prior to use.
- Close and lock the door before starting your exercises. Make sure the door latches and locks so that no one opens the door while the pulley is in use.
- Ensure that the knot in each handle is secure prior to use.
- Set stopper to appropriate position to limit range-of-motion.
- Adjust rope so that full range-of-motion can be achieved (length differs when sitting vs. standing).



**Turn over for additional information**