



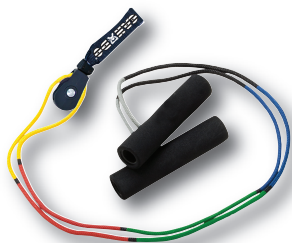
Cando® visualizer™

Shoulder Exerciser

The enclosed shoulder exerciser is specifically designed to assist patients undergoing shoulder rehab in regaining and maintaining range-of-motion. Patients can use the exerciser during therapy sessions or as part of a clinician prescribed home exercise program.

Cando® Visualizer™ Shoulder Exerciser features

- Six different color sections on the rope provide:
 - Noticeable progress
 - Distinct instructions
- A sturdy nub anchor which fits over most standard doors or on the side of the door jamb
- Foam covered handles provide superior comfort during use
- Adjustable 78" rope for any height user and all exercise protocols



REF 50-1035
ver 0821

HOW TO USE THE MARKED ROPE

Reference to Specific Marks

The Cando™ Visualizer™ Shoulder Exerciser features color sections along the rope, each 6 in/15 cm long. When changing rope length, make sure both sides are equally adjusted to maintain color alignment.

Noticeable Progress

At the start of each new exercise, make note of where the colors fall relative to the pulley mechanism. Do the same at the end of the exercise. As range-of-motion improves, the color sections on the rope will indicate how much progress you've made.

Distinct Instructions

In addition to providing visual feedback on progress, the color sections can be used for clinicians to provide clear, accurate instructions. Practitioners simply use the colors to set goals for patients and to provide guidelines so that patients do not push themselves too far, too fast.

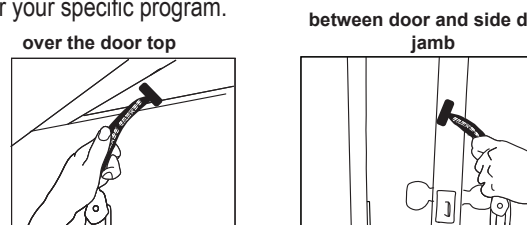
visualizer™ Shoulder Exerciser with Pulley and Nub Anchor

PRECAUTIONS

- Consult your healthcare provider before beginning any type of exercise program.
- Perform only exercises prescribed by your therapist or healthcare provider.
- The shoulder exerciser is to be used for its intended purpose only.
- This product should not be used without adult supervision.
- Before each exercise session, inspect the shoulder exerciser for defects, cuts or wear. Replace the damaged product immediately.
- Consult your healthcare provider if you experience pain while performing your exercises.
- Hold the handles tightly to prevent them from slipping out of hands during use.
- Check that the rope is securely knotted before each use.
- Check the connection to the door is secure prior to use.
- Do not wrap the exerciser rope around any body part.
- Close and lock the door before starting your exercise program so that no one opens the door while the exerciser is in use.

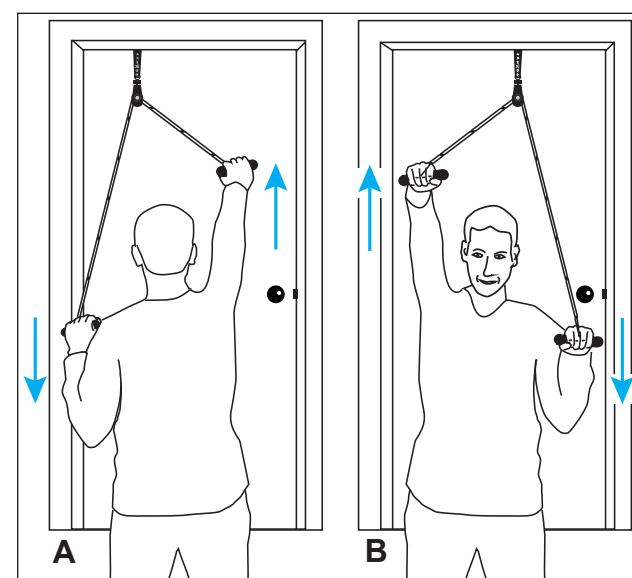
GENERAL INSTRUCTIONS

- Use the Cando® Visualizer™ Shoulder Exerciser to perform exercises as instructed by a therapist or healthcare provider.
- Before beginning your exercise program, you will need to secure your shoulder exerciser to a door by following these simple steps:
 - Choose a door that is seldom used and that will allow you plenty of room to perform your exercise program.
 - Place nub over top of the door or on the side of the door jamb.
 - Close and lock the door before starting. Make sure door latches and locks so that no one opens the door while the exerciser is in use.
 - Avoid door gaps larger than 1" to maximize safety.
- The proper placement along the door jamb will depend on the goals of your prescribed exercise. Follow provider's guidance for your specific program.



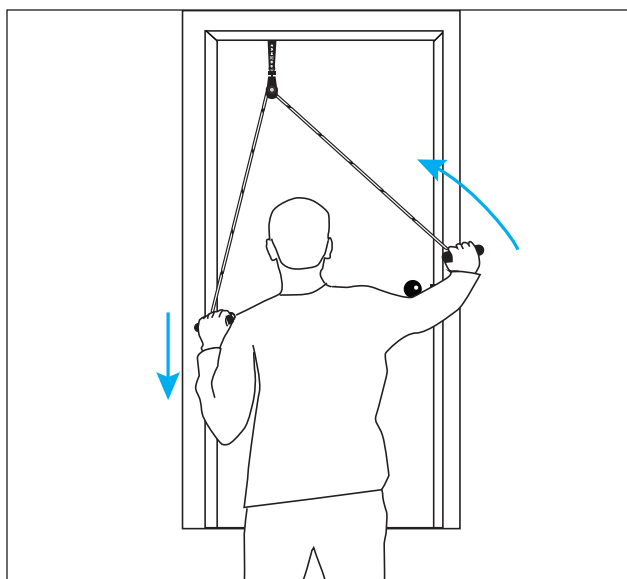
- To adjust length of rope, untie rope and change to length needed; tie a secure knot at desired point; tuck rope into handle. When changing rope length, make sure both sides are equally adjusted to maintain color alignment. Track progress by checking how close a given color on rope gets to pulley mechanism during exercise.

SHOULDER FLEXION



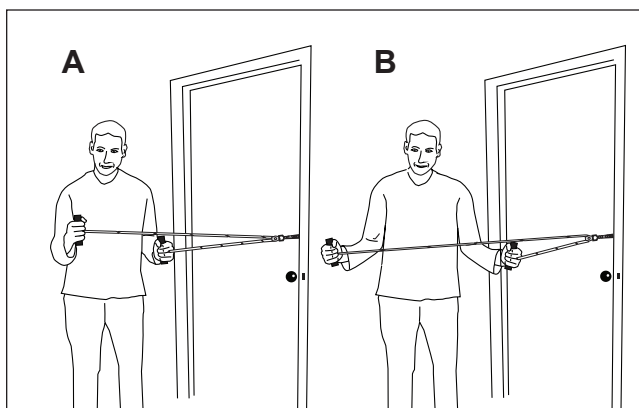
- Anchor the exerciser at the top of the door
- Stand facing the door and hold both exerciser handles with a firm but relaxed grip
- Keep your hands shoulder width apart
- Pull down using your unaffected arm causing your affected arm to rise over your head (see drawing A)
- Hold the stretch and repeat
- Note the color sections to track progress
- For extended range-of-motion, stand facing away from the door and repeat exercise shown above (see drawing B)

SHOULDER ABDUCTION



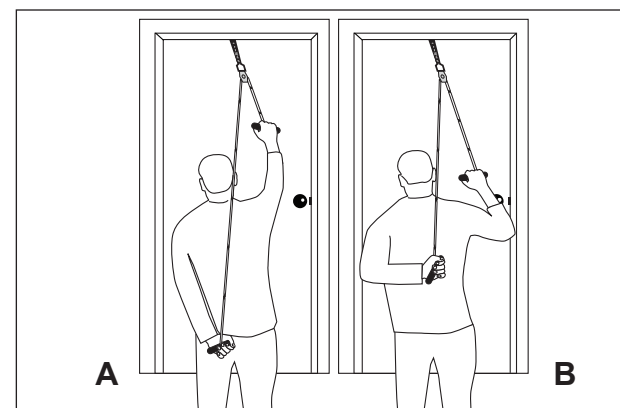
- Anchor the exerciser at the top of the door
- Stand facing the door and hold both exerciser handles with a firm but relaxed grip
- Keep the elbow of your unaffected arm close to your body and hold your affected arm out to the side
- Pull down using your unaffected arm causing your affected arm to rise in an arc
- Hold the stretch and repeat
- Note the color sections to track progress

EXTERNAL ROTATION



- Anchor the exerciser between the door jamb and door at elbow height
- Stand perpendicular to the door with your affected arm nearest the door
- Hold both exerciser handles with a firm but relaxed grip, with your thumbs pointing up
- Place your arms against your sides and hold your elbows bent at 90° (see drawing A)
- Slowly pull outward with your unaffected arm, rotating your affected arm away from your body (see drawing B)
- Make sure to keep the elbow of your affected arm firmly against your side at all times
- Hold the stretch and repeat
- Note the color sections to track progress

INTERNAL ROTATION



- Anchor the exerciser at the top of the door
- Stand facing the door and hold both pulley handles with a firm but gentle grip
- Hold the hand of your affected arm behind your hip on the same side of your body (see drawing A)
- Gently pull down using your unaffected arm causing your affected arm to travel up your back (see drawing B)
- Hold the stretch and repeat
- Note the color sections to track progress



CanDo, Visualizer and  are trademarks of Goldberg
©2021 FEI, all rights reserved