



PHYSIO FOR YOU

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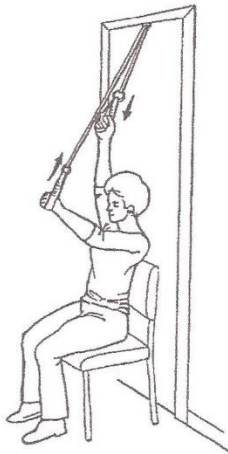
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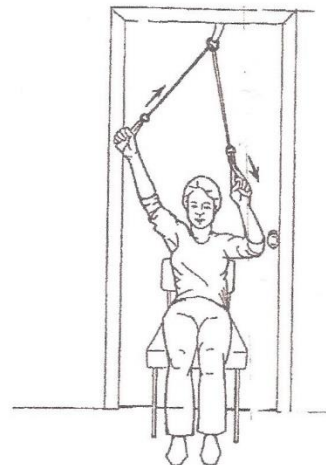
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Shoulder Pulley Exercises



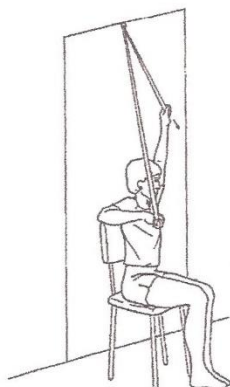
SHOULDER FLEXION

1. Sit in a chair with pulley assembled as shown
2. Raise the _____ arm overhead pulling down on the pulley with the other hand for assistance, so that you feel a stretch
3. Hold for _____ seconds
4. _____ repetitions, _____ times per day



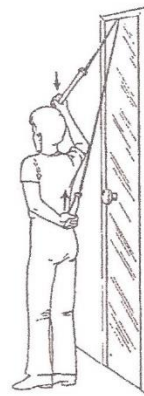
SHOULDER ABDUCTION

1. Sit in chair with pulley assembled as shown
2. Raise the _____ arm out to side and overhead, pulling down on the pulley with the other hand for assistance, so that you feel a stretch
3. Hold for _____ seconds
4. _____ repetitions, _____ times per day



SHOULDER EXTERNAL ROTATION/ABDUCTION

1. Sit in chair with _____ arm supported on back of chair, holding pulley as shown
2. Pull down on pulley with your other hand to assist in raising the forearm upward and backward, so that you feel a stretch
3. Do not lift upper arm off chair back
4. Hold for _____ seconds
5. _____ repetitions, _____ times per day



SHOULDER INTERNAL ROTATION

1. Stand with pulley assembled as shown, arm behind back
2. Stretch the arm up behind you back by pulling down on the pulley with the other hand for assistance
3. Hold for _____ seconds
4. _____ repetitions, _____ times per day