

Door Shoulder Pulley with handles

Shoulder Rehabilitation.

The Shoulder Pulley Exerciser is a simple yet effective piece of equipment which helps to strengthen the shoulder post injury or surgery. The door pulley system works to improve the range of motion in the shoulder through a variety of rotation, abduction and flexion exercises.

Simply attach the Shoulder Exerciser to the door using the attachment, adjust the rope by knotting it to the desired length and you are ready to go.

The door pulley exerciser is widely recommended as an integral part of rehabilitation and recovery programmes as it facilitates a wide range of passive, resistance and active strengthening exercises which may all be done in the comfort of your own home.

Manufactured to a high standard the shoulder exerciser is a versatile, easy-to-use product designed with portability, practicality and easy storage in mind.

Ideal for home or work use, the shoulder door pulley features a strong firm rope which can be easily and securely fastened to most types of door using the simple attachment provided. The rope can then be easily adjusted to the required length by knotting it accordingly.

Two easy grip non-slip handles ensure that the Door Shoulder Exercise Pulley is not only easy to use but comfortable too. This shoulder exerciser has already proven an invaluable tool in the process of shoulder rehabilitation as it allows the user to perform internal and external rotation, shoulder abduction and flexion exercises and improve their range of motion.

The colour box features instructional graphics to show how to operate the pulley, with additional in-depth videos available online.

Features

- The Door Shoulder Exercise Pulley is a versatile piece of equipment designed for shoulder rehabilitation exercise.
- Can help strengthen and improve range of motion in the shoulder post-surgery or injury.
- Easy to assemble, fits most types of door.
- Firm rope, easily adjustable. Two comfortable easy grip handles.
- Ideal for post-surgery rehabilitation programmes. Often recommended in the treatment of frozen shoulder.

Specification

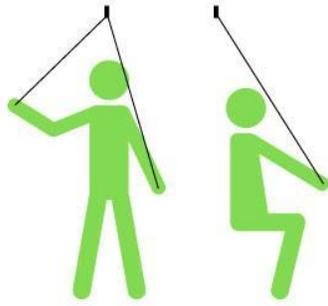
Colour: Aqua/ Black

Main Material: PP and Metal. Rope/ PVC

Presented In: Colour Box

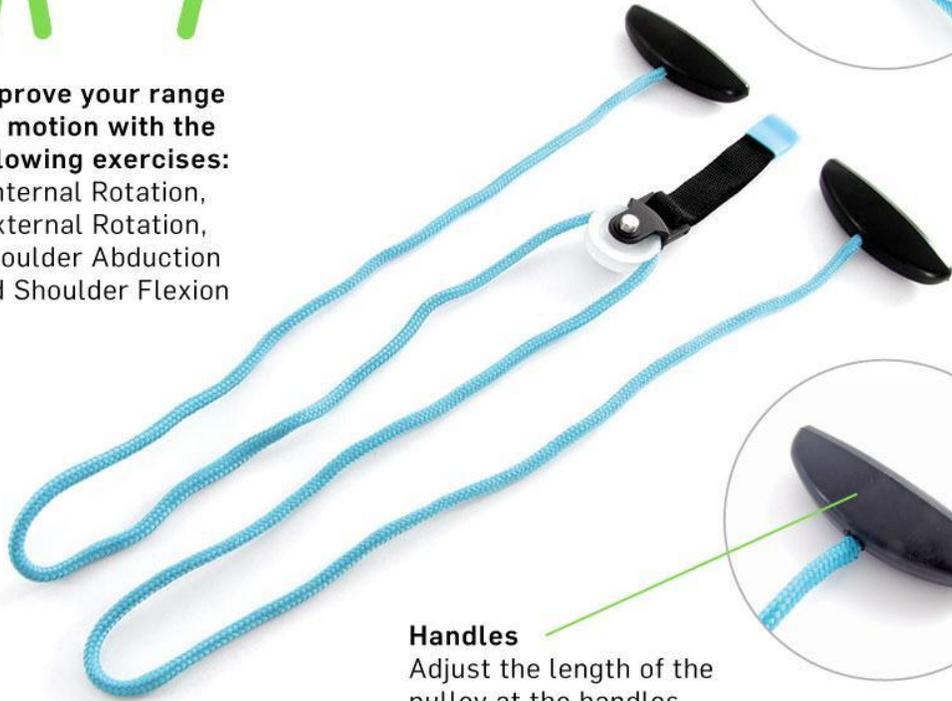
Packed Weight: 250gms

Made in Taiwan

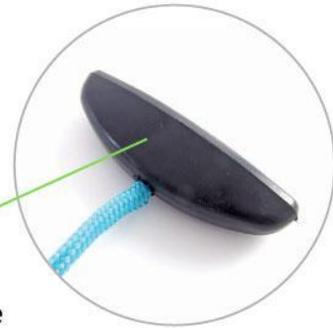


Improve your range of motion with the following exercises:
Internal Rotation,
External Rotation,
Shoulder Abduction
and Shoulder Flexion

Door attachment
Designed so that you can attach it to most type of doors



Handles
Adjust the length of the pulley at the handles



Ideal for people who are undergoing rehabilitation of the shoulder following injury or surgery