

These exercises are intended to help you stretch an injured shoulder. You will always be pulling with your good arm, allowing your other arm to move passively. When your body allows it, the injured shoulder may assist in the movement where possible. Perform these exercises slowly and with control. Use the MoVeS Shoulder Pulley only after consulting a trained licensed healthcare professional.



Up and Down - Facing the Door

- Put a chair against the door and sit so you are facing the door. Your toes should be about 25cm from the door.
- Grap a handle with each hand and gently pull the rope straight up and down. Make sure your shoulder does not hurt when stretching it.
- In the downward movement, try to make the shoulder go down and backwards as far as possible.



Up and Down - Back to the Door

- Put a chair against the door and sit so you are facing away from the door.
- Grap a handle with each hand and gently pull the rope straight up and down. Make sure your shoulder does not hurt when stretching it.
- In the downward movement, try to make the shoulder go down and backwards as far as possible.



Side Circle

- Put a chair against the door and sit so you are facing away from the door.
- Grap a handle with each hand and gently pull the rope up and down. Keep the injured arm stretched to the side, allowing it to make a circular motion to your side. Make sure your shoulder does not hurt when stretching it.



Front Circle

- Put a chair against the door and sit so you are facing away from the door.
- Grap a handle with each hand and gently pull the rope up and down. Keep the injured arm stretched to the front, allowing it to make a circular motion in front of you. Make sure your shoulder does not hurt when stretching it.



Rotation

- Put a chair against the door and sit so the side of your injured arm faces the door.
- Hold your injured elbow against your body.
- Grap a handle with each hand and gently pull with your good arm, making your injured arm rotate



Internal Rotation

- Put a chair against the door and sit so the side of your injured arm faces away from the door.
- Grap a handle with your injured arm behind your back. Chances are that you will be able to do this by yourself. Have someone hand you the handle if necessary.
- Gently pull with your good arm, making your injured arm go upward behind your back. Be very careful when performing this exercise

All these exercises can also be performed in a standing position:



Up and Down Facing the Door



Up and Down Back to the Door



Side Circle



Front Circle



Rotation



Internal Rotation

More exercises on www.moves-band.com, [f](#) and [v](#)