

CONNECTICUT VALLEY HOSPITAL

Physical Therapy Services

PT Equipment Procedure # 5

Re: Reciprocal Pulleys

Date: March 20, 2000

Revised: October 19, 2008

Description:

A two handled, over the door, pulley system used to increase range of motion of shoulder joints.

Indications:

Any shoulder injury with decreased ROM: (i.e., Clavicular Fracture Shoulder Rehabilitation; Cervical Injury Rehabilitation; Late Stage Rehabilitation for bursitis of shoulder; Acromioclavicular Dislocation Rehabilitation. Muscular strengthening for Upper Extremity, and Shoulder Girdle Weakness; Post Mastectomy Rehabilitation; Rotator Cuff Rehabilitation).

Precaution:

Arthritis, subluxation, dislocation, bursitis, or painful arc, scapula paralysis.

Procedure:

1. Seat patient directly under pulleys.
2. Place hands in loops and adjust rope length so with full flexion of one shoulder, full extension of opposite shoulder is achieved.
3. Instruct patient to pull down on one side to lift opposite arm over head. Alternate arms.
4. Number of repetitions is determined in program.
5. System may be used with weight attached to one end for strength training.
6. Clean after each usage as per Physical Therapy Cleaning Procedures.