



## Cando® Shoulder Exerciser

The exerciser with pulley and nub anchor is a home workout product that can be used to do exercises without having to use equipment normally found in the gym. The exerciser is effective for upper body stretching, particularly for the arms and shoulders. Shoulder abduction, flexion, internal and external rotation exercises work well with the door exerciser and can be learned easily. Exercises may be performed sitting or standing; simply position the exerciser attachment mechanism over the top of any standard door or on the side between the door and door jamb. The position of the attachment is easily changeable depending upon the height of the individual or exercise to be performed. Move to a comfortable position and close door to secure in place.



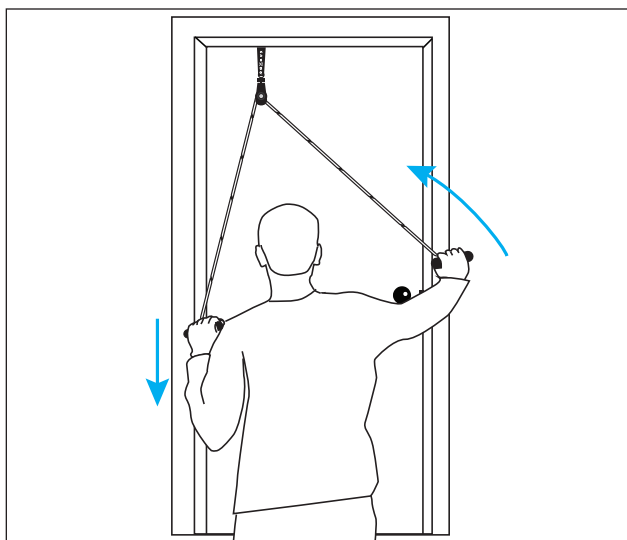
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### Cando® Shoulder Exerciser Features

- A sturdy webbing material with a nub at one end which fits over most standard doors or on the side of the door jamb.
- Foam covered handles provide superior comfort during use.
- Swivel pulley for smooth movement in all directions.
- Adjustable rope length for any height user and all exercise protocols. To shorten rope, pull through handle and re-knot at desired location.



### SHOULDER ABDUCTION

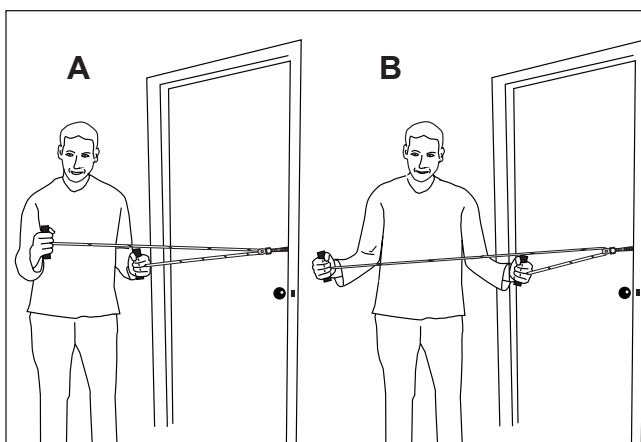


- Anchor the exerciser at the top of the door
- Stand facing the door and hold both exerciser handles with a firm but relaxed grip
- Keep the elbow of your unaffected arm close to your body and hold your affected arm out to the side
- Pull down using your unaffected arm causing your affected arm to rise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

### PRECAUTIONS

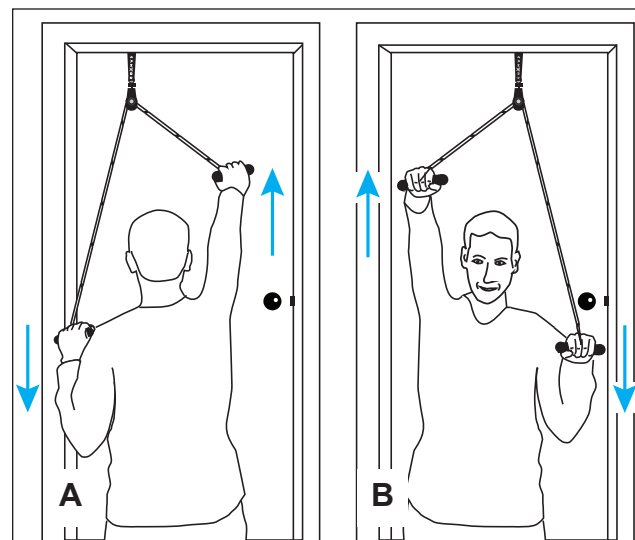
- Consult your healthcare provider before beginning any type of exercise program.
- Perform only exercises prescribed by your therapist or healthcare provider.
- The shoulder exerciser is to be used for its intended purpose only.
- This product should not be used without adult supervision.
- Before each exercise session, inspect the shoulder exerciser for defects, cuts or wear. Replace any 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.

### 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

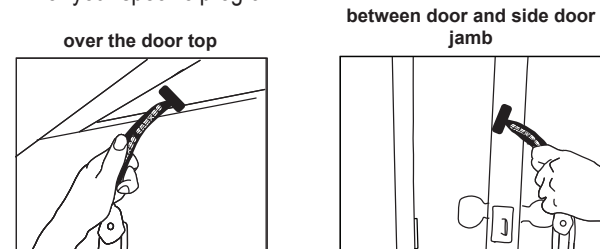
### SHOULDER FLEXION



- 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
- For extended range-of-motion, stand facing away from the door and repeat exercise shown above (see drawing B)

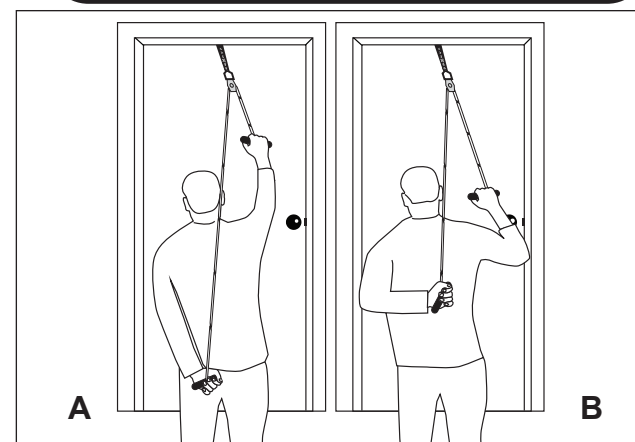
### GENERAL INSTRUCTIONS

- Use the Cando® 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 the rope to adjust to length needed; tie a secure knot at desired point; tuck rope into handle. Track progress by checking how close a given mark on rope gets to pulley mechanism during exercise.

### 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



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