



## Arm Pulley

For more ideas of how to use your pulley, please visit our website at [CoxSportsMedicine.com](http://CoxSportsMedicine.com)

### HOW TO USE

- Place the knob near the pulley over a door and shut the door tightly.
- Grab a handle with each hand and slowly and controlled, pull with your good arm. This will cause your injured arm to rise and stretch.
- Hold stretch for 10 seconds and repeat 10 times.
- Repeat steps in 4 directions: facing the door, right side facing the door, left side facing the door, and back facing the door.



### BENEFITS

- Improves range of motion
- Increases circulation
- Decreases pain
- Helps with recovery of arthritis, surgery, and Injury