

### Intended Purpose

Ideal for home use to independently improve range of shoulder movement and coordination following conditions such as stroke, injury or surgery.

### Indications

Loss of shoulder range of motion associated with surgery, injury or stroke.

### Contraindications

Avoid use for hemiplegic shoulder, shoulder subluxation or if pain occurs or increases during use.

### Instructions for Care

Wipe with soft cloth and mild detergent. Air dry.

### WARNINGS:

1. Consult your healthcare provider before beginning any exercise program.
2. The Norco® Shoulder Pulley Economy Model is to be used for its intended purpose only.
3. Good grip strength in both hands is required to hold the handles.
4. Before each use, inspect the pulley, rope and handles for nicks, cracks, loose stitching, abrasions or defects.
5. Make sure the cord is firmly knotted to the handles.
6. Does not support full body weight.
7. Place the web strap only over the top or along the hinged side of the door. Ensure the strap will not slip from the door gap.
8. Remove and store pulley when not in use.
9. Consult your healthcare professional if pain is experienced while performing exercises or condition worsens.
10. This product is not a toy and should be kept out of reach of children. Consult your physician or therapist before allowing children to use and only use under adult supervision.

### Instructions for Use

#### Securing the Norco® Shoulder Pulley Economy Model to your door

- Select a door in your home where there is little or no traffic.
- Be sure the door is closed and secured before starting the exercise.
- For an optional way to attach a pulley to a door, use the Norco® Universal Door Bracket, sold separately (NC52081).

#### Webbing strap placement

With the door open, place the webbing strap between the door and the door frame – either over the top or along the hinged side of the door. Place the door anchor completely through the door gap, with the buckle piece on the other side of the door. With the strap in the desired position, close the door. Locking the door is recommended. Finally, tug on the strap to securely hold it in place.

#### Shortening the length of cord

Simply slide the cord out from handles and tie another knot securely at the proper length. To avoid fraying, do not cut the cord.

