

Multi-Use Exerciser

Features:

- Over-the-door wedge hanger
- Two 6" dowel rods
- Nylon rope with 68" travel-on swivel pulley
- 3 1/2" hand grips
- Fluted finger ladder
- A "wind-up" shoulder wheel with 36" nylon rope and a peg for rope storage.
- Rubber ball attached to the end of the rope to squeeze and grasp

Instructions:

The exerciser fits over the top of any open door (1 1/8" to 2" thick). It is designed to wedge snugly over the top without slippage during use. Use caution on painted doors when positioning to avoid marring the finish.

Shoulder Pulley System:

This component includes a swivel pulley and top quality rope for completion of shoulder ROM and stretching exercises. The length of the line can be adjusted to custom fit the exerciser to the patient. Adaptations can be made into handles in the event the patient has difficulty gripping. Exercises can be performed on all planes of motion by facing the patient towards the exerciser or keeping the patient's back to the exerciser. To avoid shoulder impingement, remember to always keep the patient's thumb up during exercises that take the arm above 90° forward flexion, abduction or adduction.

Finger Ladder:

A patient's functional goals can be documented by counting the number of steps climbed and/or the speed by which they climb with the involved upper extremity. This can be compared to the uninvolved extremity. Try variations such as 2 steps at a time. For increasing coordination, try alternating one step with two steps up and down the ladder. Incorporate the other hand for bilateral coordination: two steps with the right hand, then two steps with the left hand, etc. Consider using all of the fingers instead of just the index and middle.

Wind-up Shoulder Wheel:

The shoulder wheel is height adjustable for patient comfort and therapeutic application. Grip the large wheel with the fingers and turn it. The average size hand can roll up the line on the wheel in 14-18 turns. Use this as a goal or compare the involved upper extremity with the uninvolved. Vary the motion and muscles used by having the patient directly face the exerciser for supination-pronation motions or position themselves 90° to the exerciser for flexion-extension exercise.

Another variation: Keep the wheel stationary and hold the line with the hand to wind the line on the dowel.

Dowel Exercise:

There are two 6" dowels which can be used for unilateral or bilateral activities. Use one or two pegs at a time to climb the exercise board. Utilize different grips and pinches when moving the dowel rods. Alternate pushing the dowel rods into the holes with twisting them in. Weave the line from the Shoulder Wheel around the dowel rods for a fine motor activity.

Grip Strengthening:

The firm rubber ball can be utilized for a wide variety of grip strengthening exercises. Squeeze the ball with different fingertip prehensions. Hold the ball deep in the palm and push the fingertips into the ball. Pinch the ball between the fingertips of both hands and attempt to pull the ball apart. Work this exercise into the middle of the shoulder routine to give proximal muscles a rest.

Cleaning Instructions:

Spray or wipe clean with mild soap and water. Dry with soft cloth.

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