

Reciprocal Pulley

How to use a reciprocal pulley

1. Before using the reciprocal pulley, choose a suitable chair which is stable, sturdy and of a suitable height - allowing you to sit with both feet flat on the floor and with knees bent at 90°.
2. The pulley should be right above your head when sitting in the chair.



3. When exercising, keep your back straight. Keep both feet flat on the floor and do not cross your legs.
4. Hold onto both handles, one in each hand. Pulling down one handle will raise the other arm via the rope pulley.
5. Adjust the length of the rope so that when one arm is at its lowest position, the other arm is fully raised to allow for maximum range of movement of your shoulders.
6. Keep the arm raised at its highest position for about three seconds and then pull the handle down. Repeat this with the other arm.
7. The recommended exercise duration is about 10 to 15 minutes.

Safety guidelines for using a reciprocal pulley

1. Before using this exercise equipment for the first time, speak to a member of staff.
2. The reciprocal pulley is not suitable for persons with: neck or upper limb instability, e.g. unhealed fracture(s) or joint dislocation(s). For persons who have any neck or upper limb pain, recent injuries, a history of joint dislocation, fracture or previous surgery, consult a doctor or physiotherapist before exercising and stick to the range of shoulder movement advised by your physiotherapist.
3. Wear comfortable cotton clothing.
4. Perform 5 to 10 minutes of warm up / cool down and stretching exercises before and after using the reciprocal pulley.
5. Focus on maximising the range of upper limb movement rather than the speed.
6. When using the reciprocal pulley, only a slight stretch should be felt at your shoulders instead of any pain. There is no need to pull too hard.
7. Stop immediately and seek help from healthcare professionals if you develop the following symptoms: chest pain, intense or worsening pain, headache, dizziness, nausea, vomiting, muscle cramps, etc.
8. Take care not to fall over when getting in and out of the chair.
9. If you fall down from the chair, keep calm and seek help from a member of staff nearby. Do not rush to stand up immediately.

