

## Exercise pulley



- Standard - 831065

- With support - 831039

- **Prevention and rehabilitation of shoulder injuries**
- **Gentle exercise**
- **Model with handle support**

### Standard model :

This pulley can be fitted above or to the side of a closed door for upper limb mobilisation exercises (flexion, abduction, rotation, etc.). Numerous exercises can be performed standing, sitting or lying down. The set includes the support with pulley and a 2 m nylon rope with 2 handles at each end.

### Model with support :

Allows users to mobilise their muscles without having to hold the handles; the straps allow users to slip their hands through.

To be wedged in a door.

View the entire all pulley therapy accessories.

### Variantes :

- Standard
- With support