

## Ranier Romer™ Reciprocal Pulley System

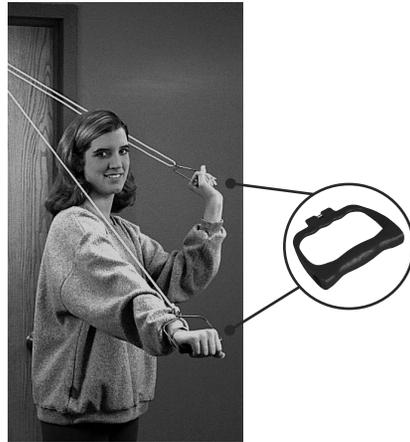


**Door Jamb Strap**  
Reorder No.  
0814 3607



**Over Door Frame**  
Reorder No.  
0814 3610

**Unit**  
Kit



**NOT MADE WITH**  
natural rubber latex

## Sierra Romer™ Reciprocal Pulley System

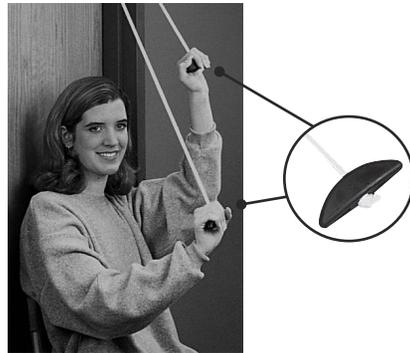


**Door Jamb Strap**  
Reorder No.  
0814 3640



**Over Door Frame**  
Reorder No.  
0814 3641

**Unit**  
Kit



**NOT MADE WITH**  
natural rubber latex

## Progressive Range of Motion



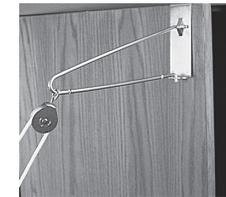
RANIER ROMer™



Overdoor Webbing Strap



SIERRA ROMer™



Overdoor Pulley Frame



Please read the following instructions carefully and completely before use. Correct application is required to ensure proper function of the device.

**WARNING:** If your pain increases or persists or you experience any unusual reactions while using this product, consult your healthcare provider immediately.

### INSTRUCTIONS

1. Place the webbing strap or pulley frame over the top edge of the door.  
**NOTE:** The webbing strap may also be placed to the side of the door based on physician's recommended exercise.
2. Close and lock the door before starting your exercises.

**WARNING:** Make sure the door latches and locks so no one opens the door while the pulley is in use.

Please visit our website at [www.birdcronin.com](http://www.birdcronin.com) for additional product information or contact a customer care representative at **800-328-1095**.

**NOTICE:** Every effort has been made to obtain the maximum compatibility of function, strength, durability and comfort with this product, however, there is no guarantee that injury will be prevented with its use.

# EXERCISE INSTRUCTIONS

Consult your physical therapist for further instruction on exercises and performance time.

Ensure that the connection to the door is secure prior to use.

Hold the handles firmly to prevent them from slipping out of hands during use.



**WARNING:** Consult your healthcare provider if you experience pain while performing exercises.



## EXERCISE #3

Sitting on a chair or stool, face parallel to the door with your involved arm next to the door. Holding the handles, pull down with your non-involved arm. Let your involved arm slide up the door keeping the arm in alignment with the door.

\_\_\_\_\_ Repetitions

\_\_\_\_\_ Minutes



## EXERCISE #6

Stand 10-20 inches away from the door with your involved arm behind your back. Gently pull down with the non involved arm to slightly raise involved arm behind your back.

\_\_\_\_\_ Repetitions

\_\_\_\_\_ Minutes



## EXERCISE #1

Sit facing the door on a chair or stool with your toes 8-10 inches from the door. Hold one handle in each hand. Pull down with the non-involved arm causing the involved arm to move up.

\_\_\_\_\_ Repetitions

\_\_\_\_\_ Minutes



## EXERCISE #4

Stand with your involved arm next to the door keeping your elbow close to your body. Rotate involved arm by pulling non involved arm away from your body.

\_\_\_\_\_ Repetitions

\_\_\_\_\_ Minutes



## EXERCISE #2

Sit on a chair with the back of the chair facing the door. Pull down with your non-involved arm causing your involved arm to be pulled upward.

**Variation:** Place involved arm on a table with elbow bent approximately 70°. Externally rotate the involved arm by pulling non-involved arm forward.

\_\_\_\_\_ Repetitions

\_\_\_\_\_ Minutes



## EXERCISE #5

Stand with your back against the door. While still in contact with the door, pull down with non-involved arm.

\_\_\_\_\_ Repetitions

\_\_\_\_\_ Minutes

## ADDITIONAL EXERCISES



### Side bending

\_\_\_\_\_ Repetitions

\_\_\_\_\_ Minutes



### Thoracic rotation

\_\_\_\_\_ Repetitions

\_\_\_\_\_ Minutes