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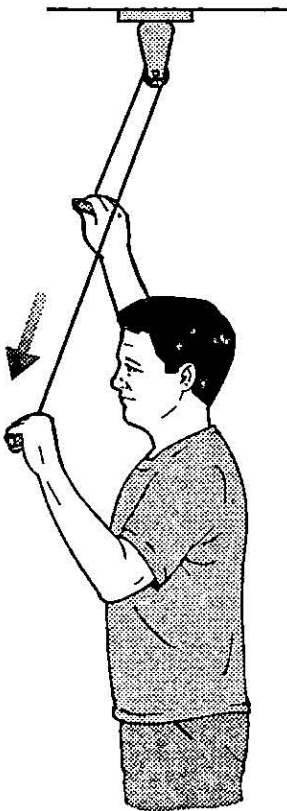
# ASSISTED ELEVATION WITH PULLEY

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## Assisted elevation with pulley

### Pulley Placement:

- The pulley must be at least one foot higher than the extended reach of the fingertips of the normal arm.
- Stand directly under the pulley.



Use the pulley as demonstrated by your doctor or physical therapist. Grasping a handle in each hand, use the power of your normal arm to elevate the stiff one. You can go slowly and elevate up on your toes, if you need to, as long as you continue to reach for the pulley with your hand.



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*This information is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition.*