

# **SIERRA ROMer™**

## **Progressive Range of Motion**

Used as a tool in regaining  
or maintaining shoulder motion.

### **APPLICATION INSTRUCTIONS**



**Overdoor Strap                      0814-3640**  
**Overdoor Pulley Frame   0814-3641**

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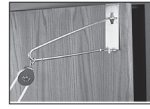
# SIERRA ROMer™

## Application Instructions

Depending on the unit, place the webbing strap or pulley frame over the top edge of the door and close the door. The webbing strap may also be placed to the side of the door.



**Overdoor Strap**  
0814-3640



**Overdoor Pulley Frame**  
0814-3641

### 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 #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 #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 #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 #5

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

\_\_\_\_\_ 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



### ADDITIONAL EXERCISES....

for maintaining or restoring movement in your upper and middle spine and upper ribs.

#### SIDE BENDING



\_\_\_\_\_ Repetitions

\_\_\_\_\_ Minutes

#### FORWARD FLEXION FACING DOOR



\_\_\_\_\_ Repetitions

\_\_\_\_\_ Minutes

#### FORWARD FLEXION BACK FACING DOOR



\_\_\_\_\_ Repetitions

\_\_\_\_\_ Minutes

#### THORACIC ROTATION



\_\_\_\_\_ Repetitions

\_\_\_\_\_ Minutes

**NOTE:** Consult your physical therapist for further instruction on above exercises and performance time.