

## Exercise Pulleys, the Optimal Stimulus for Soft Tissue Repair (The RehabPro A-Series)

The Story:

Years ago, I installed exercise pulleys in six clinics own by one investor group. As a thank you for their business I offered to teach a two-day course for their therapists on how to successfully use pulleys as tools to restore functional capacity in injured soft tissues. Throughout the two-day course one of the therapists in their group kept on announcing that he could do the same thing and achieve the same results using exercise bands. Three years later I received a phone call from this successful exercise band therapist saying, “we love your pulleys”. I could not stop myself from saying “I thought you were in love with exercise bands”. He answered, “clients progress faster and experience much less muscle soreness using your pulleys”.

### Which is the point: exercise is a dosage issue

Exercise Dosage:

The types of exercises done by athletes and patients are similar. The difference is in the **dosage**, how the exercise is done. Functional capacity contains many subcomponents often described as functional qualities. Circulation, flexibility, coordination, endurance, strength and power are all components that establishes a persons’ physical capacity. In order to improve (fitness) or restore (rehab) physical capacity both athletes and patients challenge these functional qualities through exercise. However, each functional quality has different dosage requirements. Fitness challenges function (strength, power, general body conditioning) beyond someone’s present, pain free status. Rehab challenges circulation, flexibility, coordination and muscle group endurance, the functional qualities most impacted by injury. Tools used to challenge these lower level functional qualities are more versatile and allow for dosage levels way lower than fitness tools in order to create an environment where soft tissue can respond positively to the stimuli provided.

### The RehabPro A-Series pulleys

1. **Low Starting Resistance:** The starting resistance is 1.25 lbs. The resistance can be reduced even further by using an accessory called “negative weight set”.
2. **Seamless Rope Adjustability:** The seamless adjustability of the rope angle and rope length allows for exercise in the available pain free range of motion.
3. **Maximum Visual Feedback:** The extensive travel of the weight stack (as opposed to speed pulleys) is used as visual feedback and give the client a feeling of accomplishment. They can do something even when a muscle group is temporarily impaired.

Every clinic should have a RehabPro A-Series Pulley. This pulley is used both as a testing tool and exercise tool to determine where a patient is at in their rehab progression. It determines when a client can move on with heavier resistance or apply other dosage challenges (progressions) to their exercise routine.