Introducing the Most Functional Training Tool Ever Made

"The Pulley"

Who would benefit from using pulleys? **Anyone** that for any reason needs to re-build, maintain or improve physical capacity, the ability to do work or rather, perform activities of daily living.

Bone, muscle, tendons, ligaments, joints, blood vessels and brain react to physical forces applied to them, i.e. gravity and other "added" resistance (grocery bags, tools, free weights, list is infinite). Human activity level is limited to what their bodies can tolerate. To improve work capacity / activity level, they need to challenge their bodies, for example, by adding more resistance. So how much resistance can they add or how much do they need to add to obtain improvement? Like medications, resistance from weights is a dosage issue so before jumping to conclusions consider this:

1. Can you imagine taking a medication described by your doctor with no dosage guidelines?
2. Can you imagine trying to improve work capacity with tools that offers little or no guides on how to use them efficiently?

Adding resistance as a means of improving function is called exercise. So, consider exercise as the **medication** used to improve work capacity. Which tool is superior in helping you establishing a "correct exercise dosage".

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Injury is considered a reduction in your tolerance to physical load, meaning your work capacity / tolerance is below your "normal level". If the injury or plain wear and tear causes your work capacity to drop below the level required to do your daily duties, you have become a client. The same external forces apply to both injured and non-injured people. So, the same principles of improving / restoring soft tissue work capacity applies. The starting point, however, is different. What tool do you think allows an environment that best rehabilitates injured soft tissue?

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Function or **Physical Capacity** contains many sub factors, often referred to as functional qualities. Soft tissue circulation, flexibility (range of motion), coordination, endurance, strength & power are the qualities that determine what you can and cannot do.
Rehab differs from fitness due to the difference in tissue tolerance to physical load. In rehab we look to restore circulation, flexibility, coordination, and muscle endurance, all affected by injury. Strength and power are hardly considered since these are not needed if the lower level qualities are impaired. What tool do you think offers the most flexibility in restoring functional qualities of rehab?

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From a functional standpoint the pully offers:

- **Light measurable resistance to tolerance.**
  (allows for larger number of repetitions)
- **Both assistive and resistive exercise.**
  (active movement can start before client is able to lift body part against gravity)
- **Non-directional exercise (coordination implementation).**
  (client must coordinate the direction of the moving body part)
- **A seamless adjustability of the rope angle which in turn allows for an unlimited number of exercises to be performed.**
  (allows an exercise to be started where movement is possible and adjusted as tissue tolerance improves)
- **Adjustment for available range of motion.**
  (the range of motion can be adjusted to pain free range)
- **Eccentric work can be removed.**
  (the eccentric component of an exercise can be removed to lighted the stress on non-contractile tissue like tendons and joint ligaments)
- **The ability to change speed of movement making an exercise easier or more difficult to do.**
  (applies to speed pulleys. Speed of movement is not considered important in early rehab but become an important factor as tissue recovers from injury)

From a practical standpoint:

- **It occupies minimal space.**
- **It is virtually maintenance free.**
- **The exercise program is reproducible (rope angle and range noted).**
- **The exercise program / concepts are easy to understand.**
- **Knowledge gain from rehab can be transferred to fitness.**

Our energy to do work is stored in our muscles. Muscle work is required to restore any soft tissue component, so our bodies can function normally on a sound soft tissue base. What tool do you think offers the most universal and flexibility to accomplish this task?

REHAB-PRO
www.rehabpropulleys.com

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