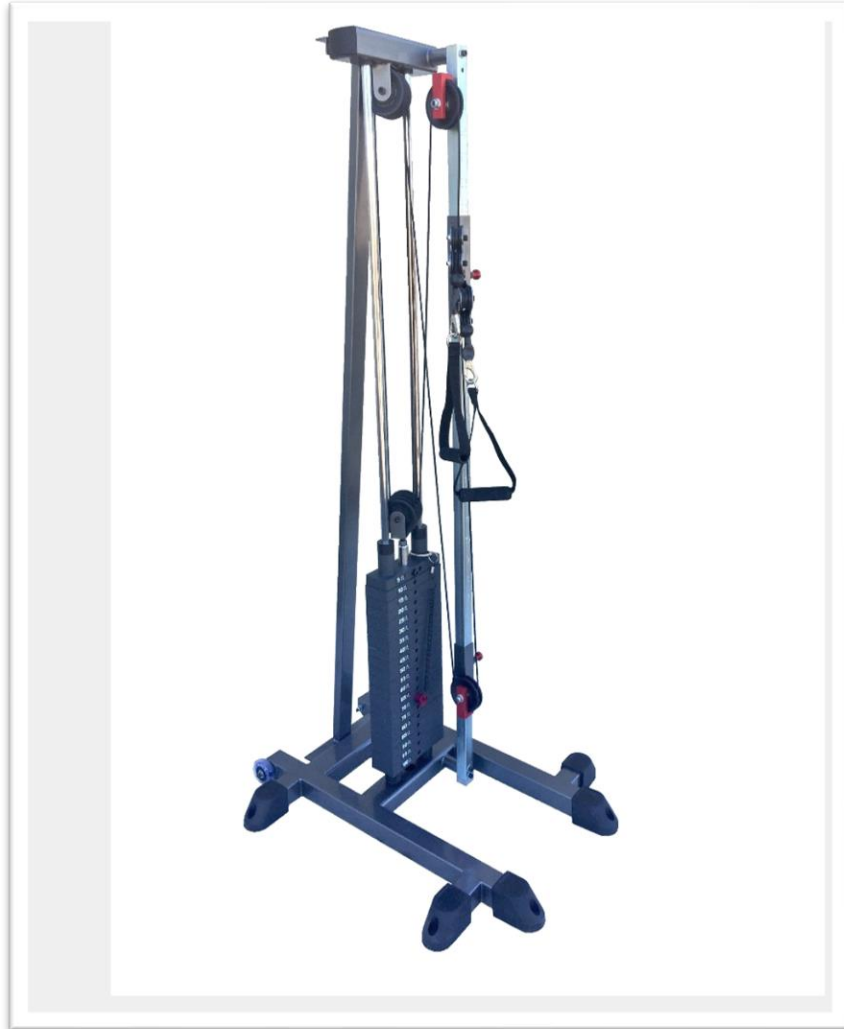


RehabPro Mobile Speed Pulley M100MS

User Manual



REHAB-PRO
www.rehabpropulleys.com

1. Inspection of Delivery

Before unpacking the Pulley please inspect the packaging for shipping damage. Observable damage must be noted **prior** to signing the bill of lading. A claim **cannot** be file unless damage is noted. Please contact RehabPro, Inc. or your local dealer with any concerns or questions about shipping damage.

2. Shipping, Content & Assembly

The RehabPro Mobile Speed Pulley is shipped fully assembled standing upright on a wooden skid (below). It is zip-tied to the base board of the skid. Pulley accessories are normally included inside the bas box. Please refer to the packing slip for content. Contact RehabPro or your local dealer immediately if items orders are missing.



Pulley is zip-tied to the skid



Tools needed to open base & undo pulley

There is no assembly required on any of the RehabPro Standard Pulley versions.

3. Utilization

1. To move:



Tilt & Go

The RehabPro Mobile Speed Pulley rolls easily on two 2.5” ball-bearing castor wheels. The wheels are engaged immediately when the unit is tilted backwards as shown in picture to the left.

The base is 100% maintenance free. It is TIG welded and RehabPro offer a life-time warranty on this frame.

2. Adjusting the weight (resistance)

The RehabPro Mobile Speed Pulley weight stack is “magnetic, pin select” and the resistance is measured in pounds. It is a 6:1 weight-to-resistance ratio pulley. The resistance per weight increment is a follow:

M100MS

Increment	Weight	Resistance	Increment	Weight	Total Weight
# 1	5.00 lbs.	1.00 lbs.	# 11	5.00 lbs.	11.00 lbs.
# 2	5.00 lbs.	2.00 lbs.	# 12	5.00 lbs.	12.00 lbs.
# 3	5.00 lbs.	3.00 lbs.	# 13	5.00 lbs.	13.00 lbs.
# 4	5.00 lbs.	4.00 lbs.	# 14	5.00 lbs.	14.00 lbs.
# 5	5.00 lbs.	5.00 lbs.	# 15	5.00 lbs.	15.00 lbs.
# 6	5.00 lbs.	6.00 lbs.	# 16	5.00 lbs.	16.00 lbs.
# 7	5.00 lbs.	7.00 lbs.	# 17	5.00 lbs.	17.00 lbs.
# 8	5.00 lbs.	8.00 lbs.	# 18	5.00 lbs.	18.00 lbs.
# 9	5.00 lbs.	9.00 lbs.	# 19	5.00 lbs.	19.00 lbs.
# 10	5.00 lbs.	10.00 lbs.	# 20	5.00 lbs.	20.00 lbs.

Please note: The resistance doubles if you attach both ropes to the same handle.

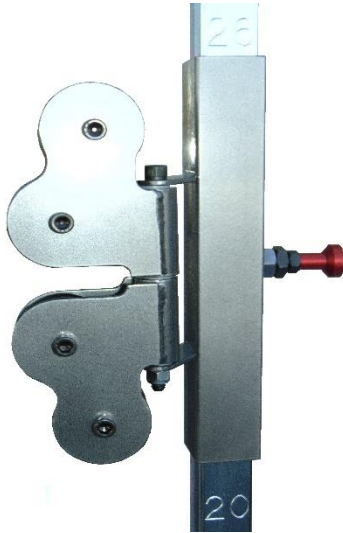
3. Adjusting the Angle of the Rope (based on the length – tension concept)

The upper rope adjustment bracket changes the angle of pull, allowing each exercise to be performed correctly from an anatomical and physiological point of view. The rule of thumb is as follows:

A – Check available range of motion.

B – Chose which exercise to be performed.

C – Pulley rope should be at 90 degrees with the lever arm at mid-range (mid-range may change as motion around the joint(s) improve).



Picture shows the upper rope adjustment bracket correctly attached to the rope adjustment bar. “Pull out” on the red spring-loaded adjustment pin in order to move the rope adjustment bracket up or down the bar. Make sure the spring-loaded pin pops back into place (all the way) before attempting to exercise using the pulley.

3. Adjusting the Length of the Rope

The lower rope adjustment bracket changes the range of motion of the exercise that is being performed. The rule of thumb is as follows:

A – You may want to reduce range if the “initial” end range becomes painful during an exercise. Move the rope adjustment bracket “up” towards the upper adjustment bracket to allow more “slack”.

B – In the initial stages of rehab you may want to give the muscle group(s) a break between each repetition. Adjust the rope adjustment bracket up allowing the weights to hit the stack at the completion of each repetition before starting a new rep.



Picture shows the lower rope adjustment bracket correctly attached to the rope adjustment bar. “Pull out” on the red spring-loaded adjustment pin to move the rope adjustment bracket up or down the bar. Pull and rotate the spring-loaded pin head to allow the lower rope adjustment bracket to move together with the upper rope adjustment bracket.

Make sure you counter-rotate the spring-loaded pin head so it pops back into place (all the way) before attempting to exercise using the pulley.

4. Taking advantage of the speed function (Thought / Rationale)

Speed pulleys attempt to target other exercise dosage components than strength. They specifically target coordination by allowing faster movements without the weight stack going ballistic. Standard exercise pulleys normally have a 1:1 weight-to-resistance ratio (a 5 lb. weight gives you 5 lb. of resistance). A RehabPro speed pulley has a 6:1 weight-to-resistance ratio (which gives you a resistance just below 1 lb. using 1x pulley handle). You double the resistance by attaching both ropes to the same handle. The loss of resistance per weight increment is the reason why speed pulleys feel “light”. However, if you increase the number of reps per exercise with an increased pace, a patient in rehab will "run out of gas" quicker than usual since the tonics have been deprived of oxygen since injury. A larger number of reps increase muscular blood flow which restores oxygen to the tonics. This in turn restore the neuromuscular loop back to function. Most patients will find that the strength is there if the “down time” has not been too long.

Examples of use:



Functional Quality of Circulation

Dosage: Less than 50% of 1 RM per set, 50x to infinite repetitions of internal / external rotation with the forearm resting in a shoulder rotation device. The shoulder rotation device prevents premature “closure” of the suprahumeral space due to fatigue or pain.



Functional Quality of Flexibility

Dosage: Less than 50% of 1 RM, 50x to infinite repetitions of internal / external rotation making sure each repetition go through the range of pain-free motion available (or range aloud by the referring MD).



Functional Quality of Coordination

Dosage: 60% of 1 RM, 30x repetitions per set of shoulder extension helping to center the humeral head in the glenohumeral joint.



Functional Quality of Endurance

Dosage: Less than 60% of 1 RM, 30x repetitions of bilateral shoulder retraction through available range of motion.

4. Maintenance

Check the condition of the pulley daily prior to use:

1. Pay attention to any “loose” nuts or bolts. Re-tighten nuts and bolts after the pulley has “settled”, normally within a week or two after the pulley has been put into use. Check the pulley monthly after the initial check.
2. Pay attention to the rope. On the average, the pulley rope lasts for 12 months with normal pulley use. Make sure the rope glides smoothly on the pulley wheels. AND, look for “fraying”. Change the rope when the outer layer has become “fuzzy”. You can contact RehabPro, Inc. directly or your local dealer for a rope replacement kit.

1. How to thread / replace the pulley rope:



Picture 1



Picture 2



Picture 3

Thread the rope in the following manner:

1. Bring the rope through the upper flopper, front to back. Bring the rope up and over the stationary wheel on the rope adjustment bar (as shown in picture 1).
2. Bring the rope down to the top weight and pull it through the right-most wheel front to back, as shown in picture 2.

3. Then bring the rope up to the Top and pull it through the right most wheel, back to front. Repeat this procedure by bringing the rope down to the top weight pulling the rope through the center wheel, front to back. Back up to the Top, back to front on the center wheel. And then do the same procedure for the left-most wheel.



Picture 4



Picture 5

4. Coming off the left-most wheel, bring the rope all the way down to the lower glider and bring the rope around (back to front) before bringing the rope up to the lower flopper on the upper glider. Bring the rope through the flopper (back to front) as shown in picture 5.

PS! Before cutting the rope make sure the lower glider is placed in position “1” as shown in picture 4. The position of the upper glider is NOT critical.

2. Tying off the Rope at the hook:

1. Pull the rope through the eyelet making a “U” & loop it around itself as shown in picture A.
2. Loop the rope around itself, front to back 2 - 3 times & pull the rope through “the oval” created by the rope (back to front) as shown in picture B)
3. Tighten the rope on itself by pulling the knot down to the eyelet as shown in picture C



Picture A



Picture B



Picture C

4. Pull the shrink rubber over the knot and shrink it by using a heat gun or a hair blower as shown in pictures D & E.



Picture D



Picture E

3. Guide rod maintenance:

Wipe off the guide rods with a clean rag weekly. After the wipe down spray **silicone lubricant** on a rag and wipe down the rods with the lubricant. You may want to do this with the rope adjustment bar also for smoother glide of the rope adjustment assemblies.



6. Technical Information

Total weight:	150.00 lbs.
Width:	26"
Depth:	30"
Height:	68"
Weight Stack:	100.00 lbs.

7. Warranty

- RehabPro, Inc. offers a lifetime warranty on pulley frame.
- RehabPro, Inc. offers a 3- year warranty on all moving parts.
- RehabPro, Inc. offers a 90-day warranty on pulley rope and snap hooks.

Please note: 3-month warranty on rope, pop-pins & pulley hooks (products not made by RehabPro, Inc.)

8. Accessories

Item #	Accessory Description
R282H834	Standard Pulley Handle
2020	Padded Wrist / Ankle Strap
2021	Padded Shoulder / Knee Strap
2022	40" Padded Waist Strap
2024	Padded Multi-Purpose Strap
2025	Banana Sling
13107	Standard Triceps Bar
15106	Gantry
VH8083	Support Bar (T-Bar)

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