

Introducing the Most Functional Training Tool Ever Made

“The Pulley”

Can you imagine taking a medication described by your doctor with no dosage guidelines? If your answer is no,
Can you imagine trying to improve soft tissue function with tools that offers poor or no dosage guidelines? If your answer is no,
Consider exercise as the medication used to improve soft tissue function. What tool do you think creates an environment that offers maximal gain for all your efforts?

“The Pulley”

From a functional standpoint, it is:

- **Offering light measurable resistance.**
- **Offering both assistive and resistive exercise.**
- **Offering non-directional exercise (coordination implementation).**
- **Offering seamless adjustability of the rope angle which in turn allows for an unlimited number of exercises to be performed.**
- **Offering adjustability of range of motion.**
- **Offering removal of eccentric work (when indicated).**
- **Offering lower extremity joint coordination, balance, and gait pattern. improvement through long rope excursions.**

From a practical standpoint:

- **It occupies minimal space.**
- **It is virtually maintenance free.**
- **The exercise program is reproducible (rope angle and range noted).**
- **Pulley settings are easy to understand by the client.**
- **Knowledge of use can be transferred to the gym.**

Rehab differs from fitness. In rehab we are concerned with functional qualities that are compromised by injury (surgery being considered an injury as well). We aim to restore circulation, range of motion, coordination and endurance. This requires equipment that allows for many repetitions, low resistance and non-directional movement through available range of motion. We use energy stored in muscle tissue to integrate rehab of multiple tissue components, i.e. connective tissue so muscle function can function normally on a sound connective tissue base. The “pulley” is the most universal and flexible tool made to accommodate for this difficult task.