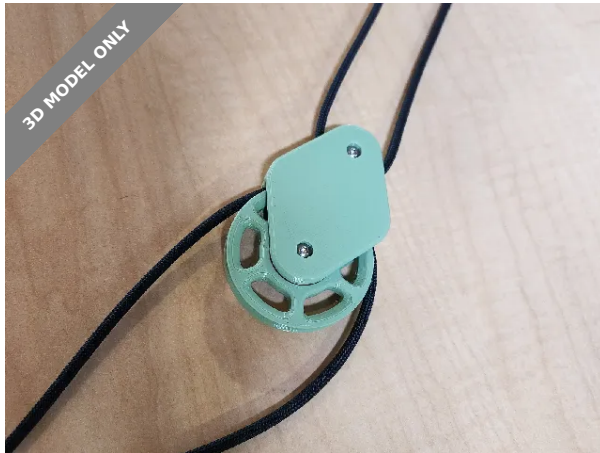




Shoulder Exercise Pulley



Matthew Pearson

[VIEW IN BROWSER](#)

updated 9. 10. 2026 | published 9. 10. 2026

Summary

Used for shoulder mobility exercises prescribed by a physical therapist.

[Healthcare](#) > [Home Medical Tools](#)

Tags: [pulley](#) [shoulder](#) [exercise](#) [physicaltherapy](#) [stretching](#)

To build this pulley, simply print out the parts for the pulley - two sides of the frame, plus the wheel, and then two copies of the handle. Requires the following hardware:

- 2x M3 screws (I suggest 12mm or 16mm length)
- 2x M3 hex nuts
- 1x 608 ball bearing
- 2 meters of paracord

Easy to print, with minimal overhangs. Assembly should be self explanatory. The pulley wheel rotates on a bushing that goes all the way through the frame, so you can tighten the screws as much as you want and it won't interfere with motion. The main length of paracord passes through the wheel and uses knots to attach the handles. The length depends on your body size, but I used about 1.5M (60") for this. You'll also want to tie a smaller loop through the channel in the top. Some pulley designs use a rigid hook instead, but I thought paracord would be easier to

adapt to different situations. For example, you can easily add a carabiner, or hang the loop from the top edge of a door.

Model files



side-1.step



side-2.step



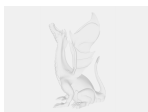
wheel.step



handle.step



shoulder-pulley.sldasm



608zz-ball-bearing.sldprt

License ©

This work is licensed under a
[Creative Commons \(International License\)](#)

Public Domain



- ✓ | Sharing without ATTRIBUTION
- ✓ | Remix Culture allowed
- ✓ | Commercial Use
- ✓ | Free Cultural Works
- ✓ | Meets Open Definition