

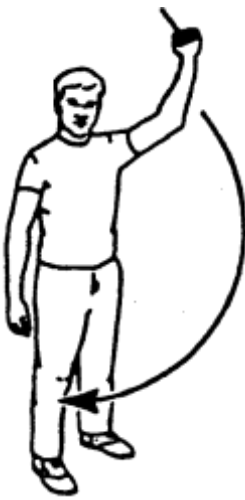


Throwers Shoulder Home Exercise Program

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THROWERS TEN EXERCISE PROGRAM

The throwers ten exercise program has been designed to exercise the major muscles necessary to return to throwing. The program's goal is to be an organized and precise exercise program specific to the thrower to improve strength, power, and endurance of the shoulder musculature.



Exercise 1a



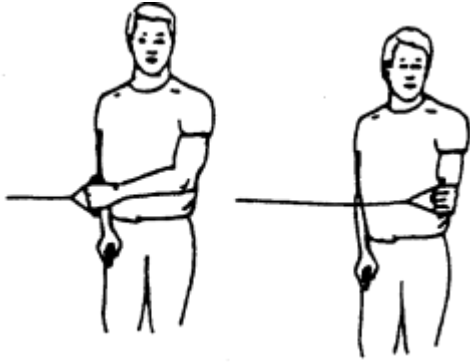
Exercise 1b

1a. PNF D2 Extension:

Affix tubing overhead, pull tubing down and across your body to the opposite side of leg. During the motion, lead with your thumb _____ sets of _____, _____ daily

1b. PNF D2 Flexion:

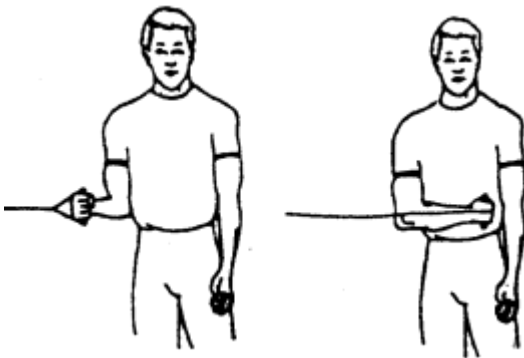
Affix tubing to door or stand on with opposite foot, start with palm facing behind you. Pull arm out, up, and across body. Rotate arm as you move so palm continues to face behind you. _____ sets of _____, _____ daily



Exercise 2a

2a. External Rotation at 0° Abd:

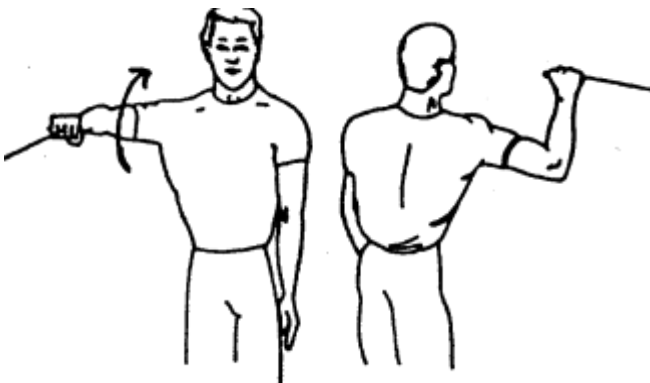
Stand with your uninjured side next to a closed door, tubing attached to the doorknob. With elbow at 90° and at your side, pull out to side, hold 5 sec. ____ sets of ____, ____ daily



Exercise 2b

2b. Internal Rotation at 0° Abd:

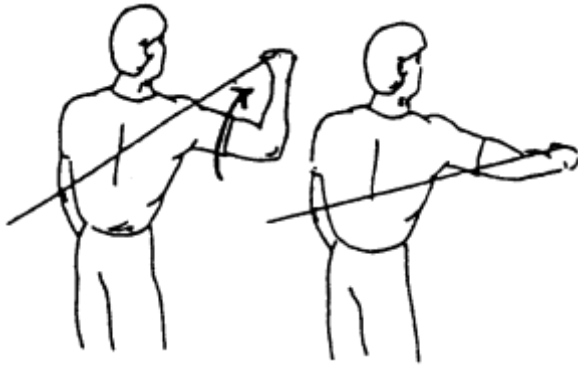
Stand with your involved side next to a closed door, tubing attached to the doorknob. With elbow at 90° and at your side, pull across your body, slowly return to starting position ____ sets of ____, ____ daily



Exercise 2c

2c. External Rotation at 90° Abduction:

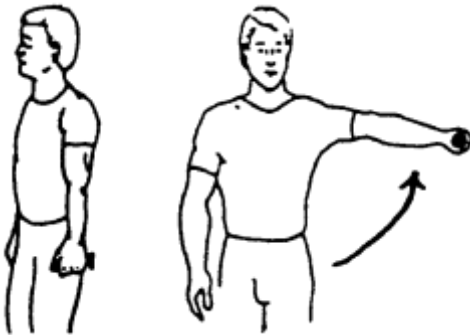
Standing with shoulder abducted at 90° and elbow flexed at 90°. Grip tubing with affixed end straight ahead slightly lower than shoulder. With shoulder abducted, rotate shoulder back keeping elbow at 90°. Return tubing and hand to starting position. ____ sets of ____, ____ daily



Exercise 2d

2d. Internal rotation at 90° Abduction:

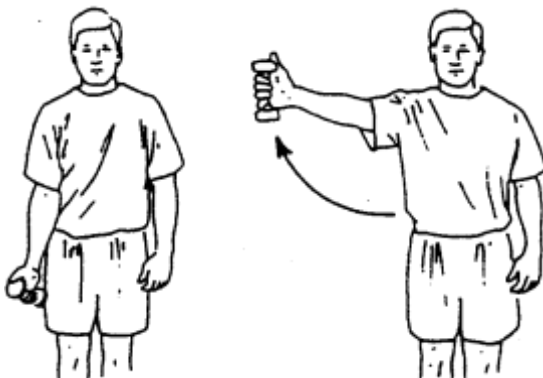
Stand with shoulder abducted at 90° and elbow flexed to 90°. Grip tubing with affixed end straight ahead and slightly lower than shoulder. With shoulder abducted, rotate shoulder forward keeping elbow at 90°. Return tubing and hand to starting position. ____ sets of ____, ____ daily



Exercise 3

3. Shoulder Abduction to 90°:

Stand with arm at side, elbow straight, and palm against side. Raise arm to the side, palm down, until arm reaches 90° (shoulder level) Hold 2 sec. ____ sets of ____, ____ daily



Exercise 4

4. Scaption (Full Can):

Standing with elbow straight and thumb up. Raise arm to shoulder level at 45° angle in front of body. Do not go above shoulder height. Hold for 2 seconds and then lower slowly. ____ sets of ____, ____ daily

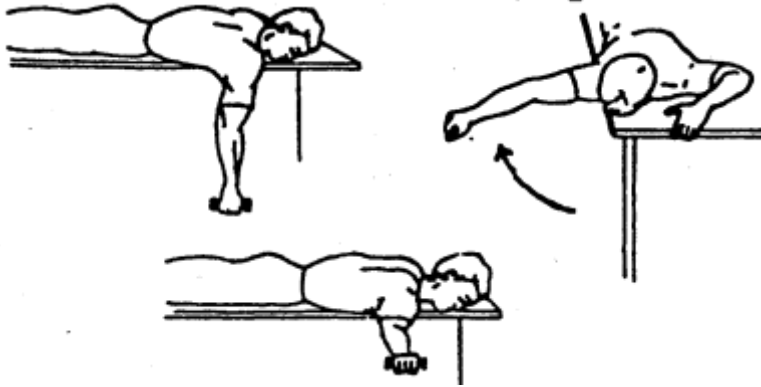
5a. Prone Horizontal Abduction (Neutral):

Lie on table, face down, with involved

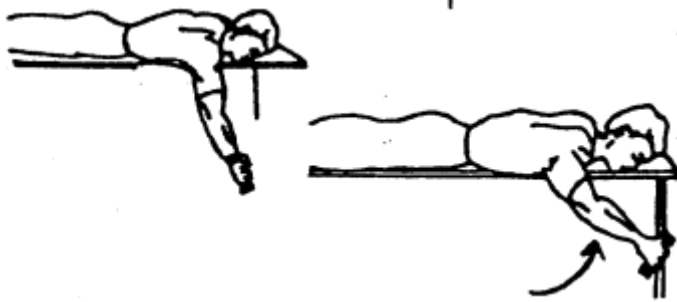
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arm hanging straight to floor, palm facing down. Raise arm to the side, parallel to the ground

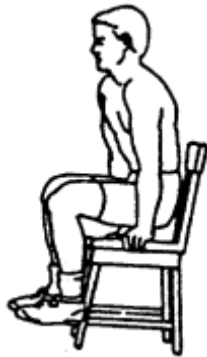
Throwers Ten Exercise Program



Exercise 5a



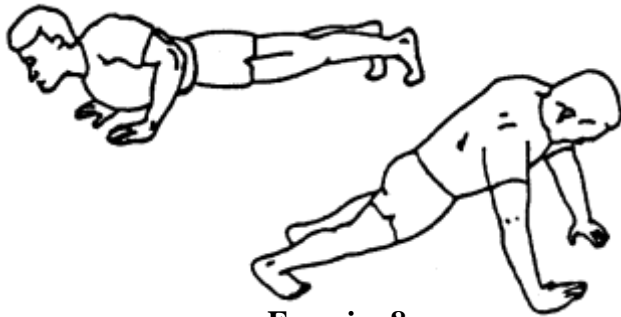
Exercise 5b



Exercise 6



Exercise 7



Exercise 8

8. Push-ups:

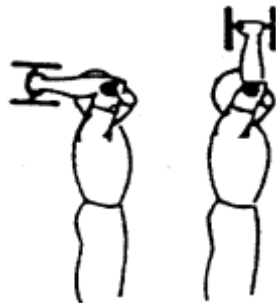
Start in the down position with arms in a comfortable position. Place hands shoulder width apart. Push up as high as possible, rolling shoulders forward after elbows are straight. Start with a push-up on the wall, progress to table top and gradually progress to the floor as tolerable _____ sets of _____, _____ daily



Exercise 9a

9a. Elbow Flexion:

Standing with arm against side and palm facing inward, bend elbow upward turning palm up as you progress. Hold 2 seconds and lower slowly _____ sets of _____, _____ daily



Exercise 9b

9b. Elbow Extension:

Raise involved arm overhead. Provide support at the elbow from uninvolved hand. Straighten arm overhead. Hold 2 sec and lower slowly. _____ sets of _____, _____ daily



Exercise 10a



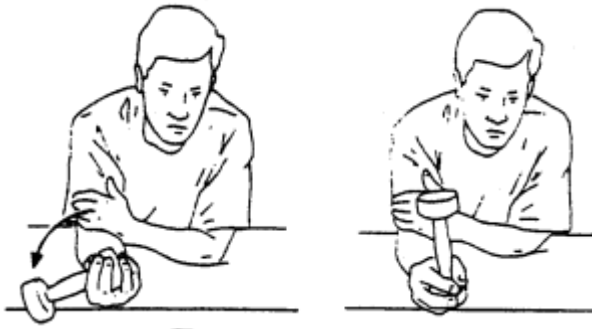
Exercise 10b

10a. Wrist Extension:

Supporting the forearm and with palm facing down, raise the weight in hand as far as possible. Hold 2 seconds and lower slowly. _____ sets of _____, _____ daily

10b. Wrist Flexion:

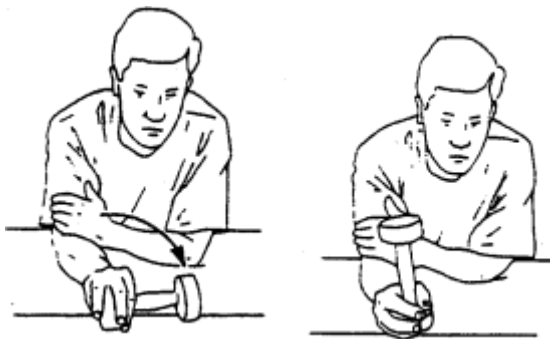
Supporting the forearm and with palm facing up, lower the weight in hand as far as possible and then curl up and far as possible. Hold for 2 sec and return to start _____ sets of _____, _____ daily



Exercise 10c

10c. Supination:

Forearm supported on table with wrist in neutral position. Using a weight or hammer, roll wrist taking palm up. Hold 2 seconds and return to starting position. _____ sets of _____, _____ daily



Exercise 10d

10d. Pronation:

Forearm should be supported on a table with wrist in neutral position. Using a weight or hammer, roll wrist taking palm down. Hold for 2 seconds and return to starting position. _____ sets of _____, _____ daily