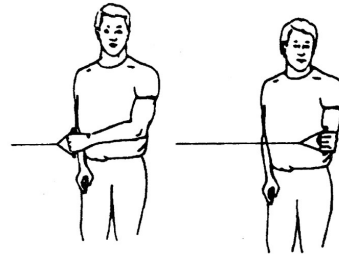


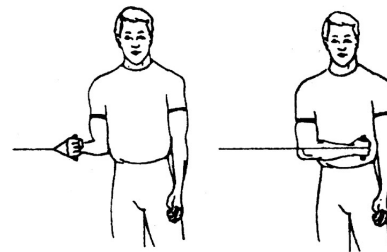
Throwers 10 + 2 Exercise Program

The Thrower's Ten Program is designed to exercise the major muscles necessary for throwing. The Program's goal is to be an organized and concise exercise program. In addition, all exercises included are specific to the thrower and are designed to improve strength, power and endurance of the shoulder complex musculature.

1A. **External Rotation at 0° Abduction:** Stand with involved elbow fixed at side, elbow at 90° and involved arm across front of body. Grip tubing handle while the other end of tubing is fixed. Pull out arm, keeping elbow at side. Return tubing slowly and controlled. Perform _____ sets of _____ repetitions _____ times daily.



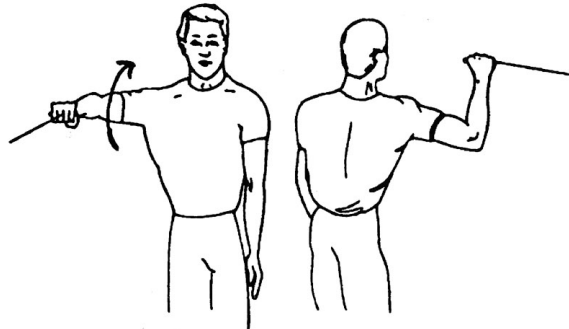
2A. **Internal Rotation at 0° Abduction:** Standing with elbow at side fixed at 90° and shoulder rotated out. Grip tubing handle while other end of tubing is fixed. Pull arm across body keeping elbow at side. Return tubing slowly and controlled. Perform _____ sets of _____ repetitions _____ times daily.



1B. (Optional) **External Rotation at 90° Abduction:** Stand with shoulder abducted 90°. Grip tubing handle while the other end is fixed straight ahead, slightly lower than the shoulder. Keeping shoulder abducted, rotate shoulder back keeping elbow at 90°. Return tubing and hand to start position.

I. **Slow Speed Sets:** (Slow and Controlled) Perform _____ sets of _____ repetitions _____ times daily.

II. **Fast Speed Sets:** Perform _____ sets of _____ repetitions _____ times daily.

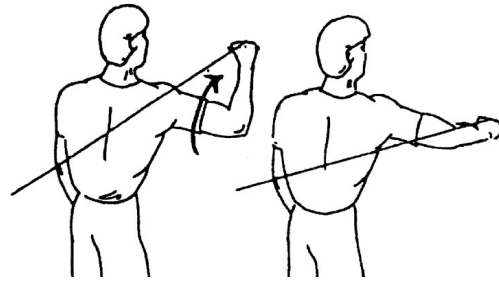


2B. (Optional) **Internal Rotation at 90°**

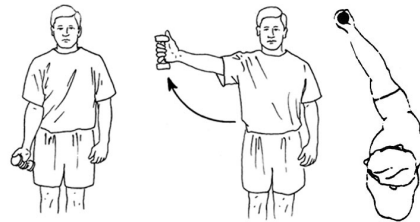
Abduction: Stand with shoulder abducted to 90°, externally rotated 90° and elbow bent to 90°. Keeping shoulder abducted, rotate shoulder forward, keeping elbow bent at 90°. Return tubing and hand to start position.

I. Slow Speed Sets: (Slow and Controlled) Perform _____ sets of _____ repetitions _____ times daily.

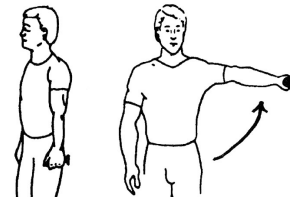
II. Fast Speed Sets: Perform _____ sets of _____ repetitions _____ times daily.



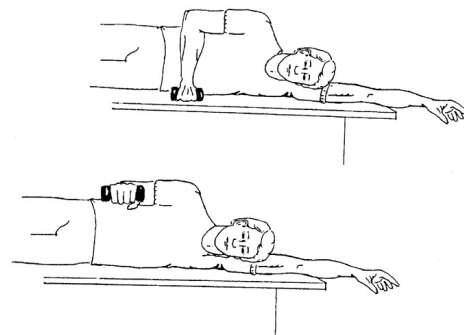
4. **Scaption, ER “Full Can”:** Stand with elbow straight and thumb up. Raise arm to shoulder level at 30° angle in front of body. Do not go above shoulder height. Hold 2 seconds and lower slowly. Perform _____ sets of _____ repetitions _____ times daily.



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). Perform _____ sets of _____ repetitions _____ times daily.

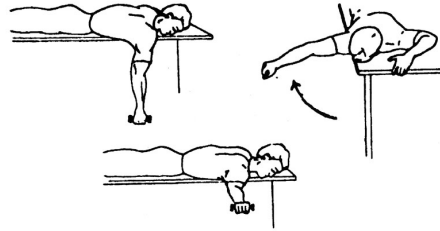


5. **Sidelying External Rotation:** Lie on uninvolved side, with involved arm at side of body and elbow bent to 90°. Keeping the elbow of involved arm fixed to side, raise arm. Hold seconds and lower slowly. Perform _____ sets of _____ repetitions _____ times daily.



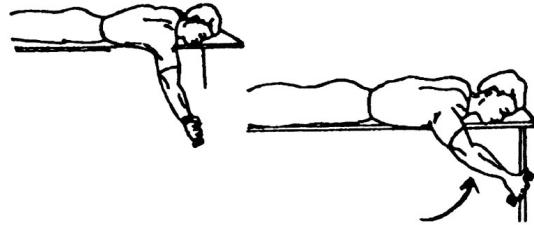
6A. Prone Horizontal Abduction (Neutral):

Lie on table, face down, with involved arm hanging straight to the floor, and palm facing down. Raise arm out to the side, parallel to the floor. Hold 2 seconds and lower slowly. Perform _____ sets of _____ repetitions _____ times daily.

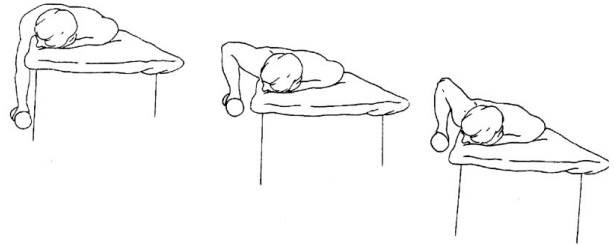


6B. Prone Horizontal Abduction (Full ER, 100° ABD):

Lie on table face down, with involved arm hanging straight to the floor, and thumb rotated up (hitchhiker). Raise arm out to the side with arm slightly in front of shoulder, parallel to the floor. Hold 2 seconds and lower slowly. Perform _____ sets of _____ repetitions _____ times daily.



6C. Prone Rowing: Lying on your stomach with your involved arm hanging over the side of the table, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow, and bring dumbbell as high as possible. Hold at the top for 2 seconds, then slowly lower. Perform _____ sets of _____ repetitions _____ times daily.



6D. Prone Rowing into External Rotation:

Lying on your stomach with your involved arm hanging over the side of the table, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow, up to the level of the table. Pause one second. Then rotate shoulder upward until dumbbell is even with the table, keeping elbow at 90°. Hold at the top for 2 seconds, then slowly lower taking 2 – 3 seconds. Perform _____ sets of _____ repetitions _____ times daily.



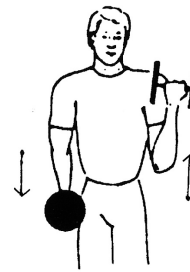
7. Rows at 90° Abduction, Seated on stability ball:

Seated on Stability Ball, with both arms straight ahead, grasping tubing. Keeping arms at shoulder height bend elbows and pull tubing towards the body until elbows are at shoulder level and directly out to both sides (90° Abduction). Hold position for 2 seconds, then slowly return to starting position. Perform _____ sets of _____ repetitions _____ times daily.

8. Rows into ER at 90° Abduction, seated on stability ball: Seated on Stability Ball, with both arms straight ahead, grasping tubing. Keeping arms at shoulder height bend elbows and pull tubing towards the body until elbows are at shoulder level and directly out to both sides (90° Abduction). Hold for a second then rotate shoulder upward until arm is at 90° of ER and Abduction. Hold at top for 2 seconds then return slowly to starting position. Perform _____ sets of _____ repetitions _____ times daily.

8B. Lower trap, Seated on stability ball: Seated on Stability Ball, with both arms fixed at side and elbows bent to 90°, thumbs facing upwards. Grasp tubing with both hands and rotate both shoulders outward (External Rotation), rotating thumbs until parallel with floor. Hold for 2 seconds then return to starting position. Perform _____ sets of _____ repetitions _____ times daily.

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. Perform _____ sets of _____ repetitions _____ times daily.

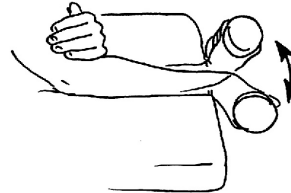


9B. Elbow Extension, Tricep Pushdowns (Optional): Standing with arms against side, elbows bent to 90°, facing cable column machine. Grasp handles of short bar and “pull down” until elbows straighten. Hold at bottom for 2 seconds then slowly return to starting position. Perform _____ sets of _____ repetitions _____ times daily.

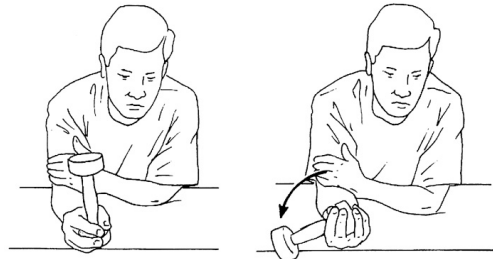
10A. **Wrist Extension:** Supporting the forearm and with palm facing downward, raise weight in hand as far as possible. Hold 2 seconds and lower slowly. Perform _____ sets of _____ repetitions _____ times daily.



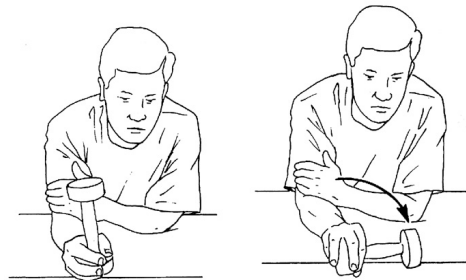
10B. **Wrist Flexion:** Supporting the forearm and with palm facing upward, lower a weight in hand as far as possible and then curl it up as high as possible. Hold for 2 seconds and lower slowly.



10C. **Supination:** Forearm supported on table with wrist in neutral position. Using a weight or hammer, roll wrist taking palm up. Hold for a 2 count and return to starting position. Perform _____ sets of _____ repetitions _____ times daily.



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 a 2 count and return to starting position. Perform _____ sets of _____ repetitions _____ times daily.



11*. **Sleeper Stretch:** Lay on the involved or injured side, with involved arm directly out in front (forward flexed to 90°), elbow bent to 90°. With opposite arm apply force to the top of involved arm's wrist forcing the arm to internally rotate towards the table. Hold for 20 seconds and repeat 3 times.

12*. **Supine Horizontal Adduction stretch into IR:** Lay supine (on back) with involved arm across chest and elbow bent to 90°. With opposite arm grasp involved arm's elbow and pull involved arm across chest until stretch is felt. With uninjured arm's forearm apply a force towards feet onto the involved arm's wrist forcing involved arm into internal rotation. Hold for 20 seconds and repeat 3 times.