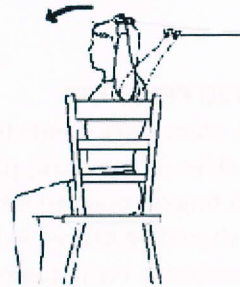


Thrower's 10 Exercises



1a. DIAGONAL PATTERN FLEXION

Grip tubing overhead and out to the side. Pull tubing down & across your body to the opposite side of leg. During the motion lead with your thumb.



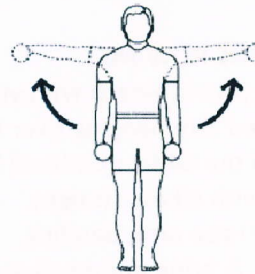
2d. INTERNAL ROTATION

Stand or sit with shoulder abducted to 90 degrees, externally rotated 90 degrees and elbow bent to 90 degrees. Keeping shoulder abducted, rotate shoulder forward, keeping elbow bent at 90 degrees. Return to start position.



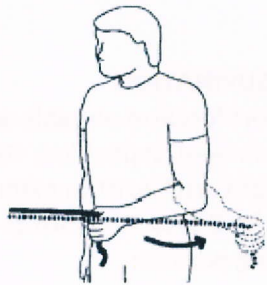
1b. DIAGONAL PATTERN EXTENSION

Gripping tubing, begin with arm across the body in front of the opposite hip, & palm facing downward. Bring arm up & out to the opposite side. Exercise should be performed in a controlled manner.



3. SHOULDER ABDUCTION

Stand with arms at side, elbows straight, & palms against sides. Raise arms to side, palms down, until arms reach 90 degrees (shoulder level). Hold 2 seconds & lower slowly.



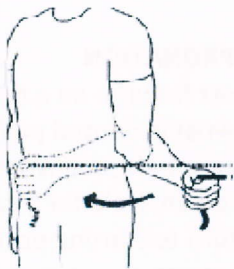
2a. EXTERNAL ROTATION

Stand with elbow fixed at side & at 90 degrees with arm across front of body. Grip tubing while the other end of tubing is fixed. Pull out with arm, keeping elbow at side. Return tubing slow & controlled.



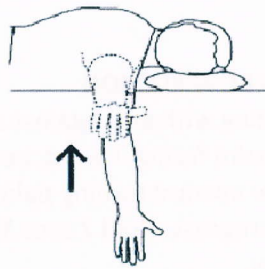
4. SCAPTION, INTERNAL ROTATION

Stand with elbow straight & thumb down. Raise arm to shoulder level at 30 degrees angle in front of body. Do not go above shoulder height. Hold 2 seconds and lower slowly.



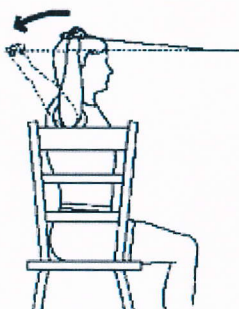
2b. INTERNAL ROTATION

Stand with elbow fixed at side & at 90 degrees with shoulder rotated out. Pull arm across body keeping elbow at side. Return tubing slow and controlled.



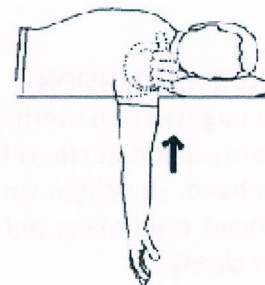
5a. PRONE HORIZONTAL ABDUCTION (Neutral)

Lie on table, face down, with targeted arm hanging straight to the floor, & palm facing down. Raise arm out to the side, parallel to the floor. Hold 2 seconds & lower slowly. Ok to use light dumbbell.



2c. EXTERNAL ROTATION

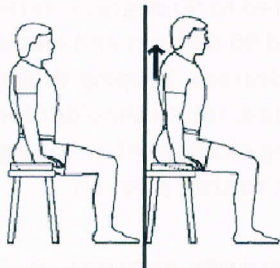
Stand or sit with shoulder & elbow at 90 degrees. Grip tubing while the other end is fixed straight ahead, slightly lower than the shoulder. Keeping shoulder abducted, rotate shoulder back keeping elbow at 90 degrees. Return to start position.



5b. PRONE HORIZONTAL ABDUCTION (Full)

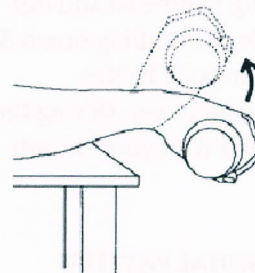
Lie face down, with targeted arm hanging straight to the floor & thumb rotated up. Raise arm out to the side with arm slightly in front shoulder, parallel to the floor. Hold 2 secs & lower slowly. Ok to use light dumbbell.

Thrower's 10 Exercises



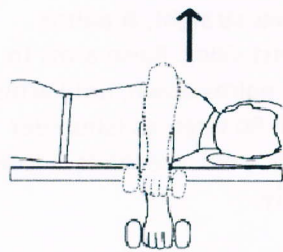
6. SEATED PRESS-UPS

Seated, place both hands firmly on the sides of the chair, palm down & fingers pointed forward. Hands should be placed in line with shoulders. Push down to elevate the body. Hold for 2 secs.



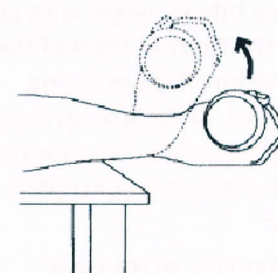
10a. WRIST EXTENSION

Supporting the forearm & with palm facing down, raise weight in hand as far as possible. Hold 2 secs and lower slowly.



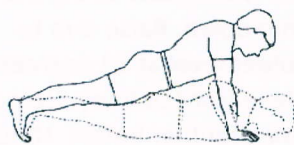
7. PRONE ROWING

Lie on your stomach with your targeted arm hanging over the side of the table, dumbbell in hand with elbow straight. Slowly raise arm, bending elbow, & bring dumbbell as high as possible. Hold at the top for 2 secs, then lower.



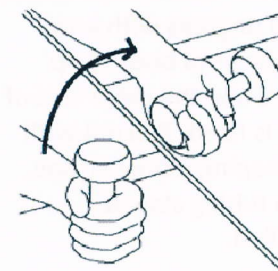
10b. WRIST FLEXION

Supporting the forearm and with palm facing up, lower a weight in hand as far as possible and then curl it up as high as possible. Hold for 2 secs & lower slowly.



8. PUSH-UPS

Start in the down position with arms in a comfortable position. Place hands no more than shoulder width apart. Push up as high as possible, rolling shoulders forward after elbows are straight.



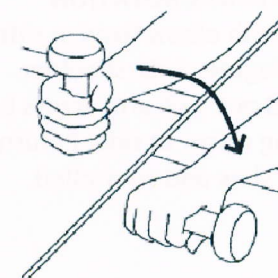
10c. SUPINATION

Support forearm on table with wrist in neutral position. Using a weight, roll wrist to palm up. Hold for 2 secs & return to starting position.



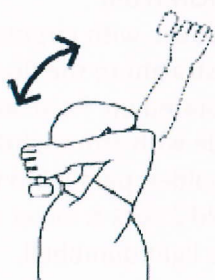
9a. ELBOW FLEXION

Standing with arm against side and palm facing inward, bend elbow upward turning palm up as you progress. Hold 2 secs & lower slowly.



10d. PRONATION

Support forearm on a table with wrist in neutral position. Using a weight, roll wrist to palm down. Hold for 2 secs & return to starting position.



9b. ELBOW EXTENSION

Raise targeted arm overhead. Provide support at elbow from other hand. Straighten arm overhead. Hold 2 secs and lower slowly.