





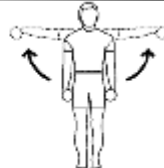


THROWER'S TEN PROGRAM

<p>1a. DIAGONAL PATTERN D2 FLEXION Grip tubing handle overhead and out to the side. Pull tubing down and across your body to the opposite side of leg. During the motion lead with your thumb.</p>	
<p>1b. DIAGONAL PATTERN D2 EXTENSION Gripping tubing handle, begin with arm across the body in front of the opposite hip, and palm facing downward. Bring arm up and out to the opposite side. Exercise should be performed in controlled manner.</p>	
<p>2a. EXTERNAL ROTATION AT 0 DEGREES ABDUCTION Stand with elbow fixed at side and at 90 degrees with arm across front of body. Grip tubing handle while the other end of tubing is fixed. Pull out with arm, keeping elbow at side. Return tubing slowly and controlled.</p>	
<p>2b. INTERNAL ROTATION AT 0 DEGREES ABDUCTION Stand with elbow fixed at side and at 90 degrees with shoulder rotated out. Pull arm across body keeping elbow at side. Return tubing slowly and controlled.</p>	
<p>2c. EXTERNAL ROTATION AT 90 DEGREES ABDUCTION Stand or sit with shoulder abducted 90 degrees and elbow flexed 90 degrees. 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 degrees. Return tubing and hand to start position.</p>	
<p>2d. INTERNAL ROTATION AT 90 DEGREES ABDUCTION 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 tubing and hand to start position.</p>	
<p>3. SHOULDER ABDUCTION AT 90 DEGREES Stand with arms at side, elbows straight, and palms against sides. Raise arms to side, palms down, until arms reaches 90 degrees (shoulder level). Hold 2 seconds and lower slowly.</p>	



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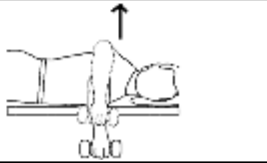



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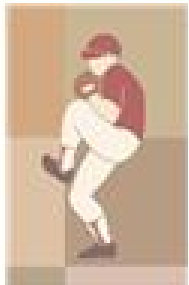
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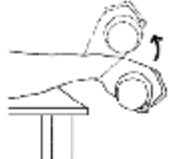
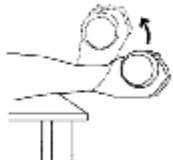
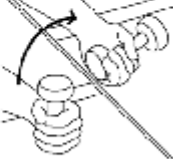
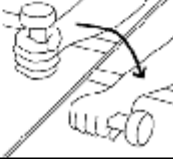
<p>4. SCAPTION, INTERNAL ROTATION Stand with elbow straight and thumb down. Raise arm to shoulder level at 30 degrees angle in front of body. Do not go above shoulder height. Hold 2 seconds and lower slowly.</p>	
<p>5a. PRONE HORIZONTAL ABDUCTION (Neutral) Lie on table, face down, with involved arm hanging straight to the floor, and palm facing down. Raise arm out to the side, parallel to the floor. Hold 2 seconds and lower slowly. Ok to use light dumbbell.</p>	
<p>5b. 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 shoulder, parallel to the floor. Hold 2 seconds and lower slowly. Ok to use light dumbbell.</p>	
<p>6. SEATED PRESS-UPS Seated on a chair or on a table, place both hands firmly on the sides of the chair or table, palm down and fingers pointed outward. Hands should be placed equal with shoulders. Slowly push downward through the hands to elevate your body. Hold the elevated position for 2 seconds and lower body slowly.</p>	
<p>7. PRONE ROWING Lie 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.</p>	
<p>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. Start with a push-up into wall. Gradually progress to kneeling, and finally to floor as tolerable.</p>	
<p>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.</p>	
<p>9b. ELBOW EXTENSION Raise involved arm overhead. Provide support at elbow from uninvolved hand. Straighten arm overhead. Hold 2 seconds and lower slowly.</p>	



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THROWER'S TEN PROGRAM

<p>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.</p>	
<p>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.</p>	
<p>10c. SUPINATION Support forearm 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</p>	
<p>10d. PRONATION Support forearm 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.</p>	



ABOUT THE THROWER'S TEN PROGRAM:

The Thrower's Ten Program is designed to specifically isolate and strengthen the muscles in the upper extremity that are necessary for upper extremity health when performing repetitive, forceful, overhead movements. Though listed as a Thrower's Ten, this program is also effective for injury prevention for any athlete who participates in regular over the shoulder activities such as volleyball, softball, swimming, and tennis. If you have any questions about specific strengthening or prevention measures for throwing or for any sport, please feel free to contact us at the information below.



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