



## Thrower's Program

The Thrower's Program is designed to work the major muscles for proper throwing mechanics.

- Each movement is designed to improve strength, power and endurance of the shoulder and arm muscles.
- The goal is a structured and brief exercise routine to decrease the risk of injury and improve performance while learning how to effectively throw any ball.

Type of Training	Exercise Amount	Frequency
Rehabilitation	two sets of ten reps	three to four days a week
In Season	one set of ten reps	one to two days a week
Out of Season	two sets of ten reps	two to three days a week

For the tubing exercises below, secure the tubing to a fence or other stationary object.

### 1.

- Stand with your shoulder abducted 90 degrees and elbow flexed 90 degrees.
- Grip the tubing handle while the other end is fixed straight ahead, slightly lower than the shoulder.
- Keeping your shoulder abducted and your elbow at 90 degrees, rotate the shoulder back.
- Return the tubing to the start position.



### 2.

- Stand with your shoulder abducted and externally rotated to 90 degrees. Bend your elbow to 90 degrees.
- Keeping your shoulder abducted and your elbow at 90 degrees, rotate the shoulder forward.
- Return the tubing to the start position.





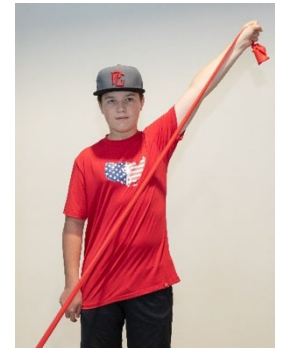
3.

- Stand and grip the tubing handle overhead and out to the side.
- Pull the tubing down and across your body to the side of your opposite leg.
- Lead with your thumb during this motion.



4.

- Stand and grip the tubing handle.
- Bring your arm across the body in front of the opposite hip, with your palm facing downward.
- Bring your arm up and out to the opposite side.
- This exercise should be slow and controlled.



5.

- Stand and grip the tubing handle.
- Place your elbow by your side, bent at 90 degrees.
- Bring your arm across the front of your body.
- Pull out with your arm, keeping the elbow at your side.
- Return the tubing slowly and with control.



6.

- Stand and grip the tubing handle.
- Place your elbow by your side, bent at 90 degrees.
- Rotate your shoulder.
- Pull your arm across your body while keeping the elbow at your side.
- Return the tubing slowly with control.





For the following exercises, begin with your arm/body weight and progress to light (two to five pound) dumbbells.

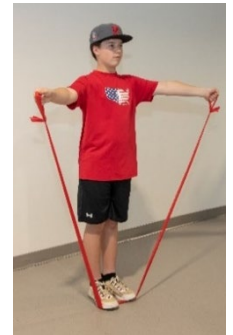
7.

- Stand with your arms by your side, elbows straight and palms against the thighs.
- Raise both your arms to the side, keeping the palms down, until your arms reach 90 degrees, or shoulder level.
- Hold for two seconds and lower slowly.



8.

- Stand with your arms at your sides
- Keep your elbow straight and raise your arms upward at a 45-degree angle with your thumbs pointing up.
- Do not go above shoulder height.
- Hold two seconds and lower slowly.



9.

- Lie face down on a table or bench with the involved arm hanging straight to the floor and the hand facing down.
- With your arm slightly in front of your shoulder, raise your arm out to the side so that it is parallel to the floor.
- Hold for two seconds and lower slowly.
- You may use a light dumbbell.



10.

- Lie face down on a table with the involved arm hanging straight to the floor and the arm externally rotated so that the thumb is pointing outward. (See arrow)
- With your arm slightly in front of your shoulder, raise your arm out to the side so that it is parallel to the floor.
- Hold for two seconds and lower slowly. You may use a light dumbbell.





## 11.

- Sit in a chair or on a table and place both hands firmly on the sides of the chair or table with your palms down and fingers pointed outward.
- Your hands should be under the shoulders.
- Slowly push downward through the hands to elevate your body.
- Hold the elevated position for two seconds and lower your body slowly.



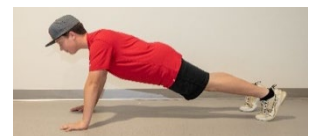
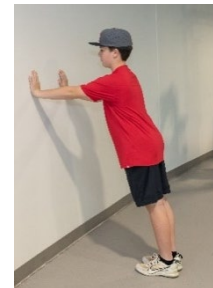
## 12.

- With a band or dumbbell in your involved hand, lie on your stomach and hang your arm over the side of the table.
- Slowly raise your arm while bending the elbow. Bring the band or dumbbell as high as possible.
- Hold at the top for two seconds, then slowly lower.



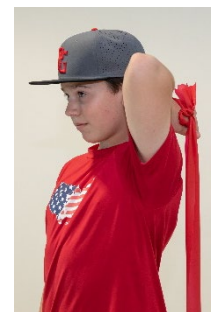
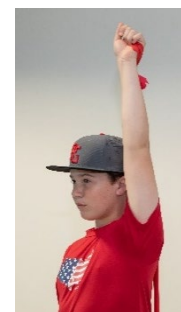
## 13.

- Start with a push-up into the wall. Gradually progress to kneeling, and finally to the floor as you are able.
- Start in the down position with your arms in a comfortable position.
- Place your hands no more than shoulder width apart.
- Push up as high as possible, rolling your shoulders forward when the elbows are straight.



## 14.

- Raise your involved arm overhead.
- Provide support at the elbow from the uninvolved hand.
- Straighten your arm overhead.
- Hold for two seconds and lower slowly.





## 15.

- Grasp a band or hand weight and hang your forearm off the side of a table.
- Supporting the forearm and with your palm facing downward, raise the weight as high as possible.
- Hold for two seconds and lower slowly.



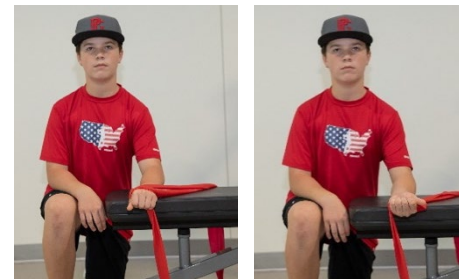
## 16.

- Grasp a band or hand weight and hang your forearm off the side of a table.
- Supporting the forearm and with your palm facing upward, lower the weight as far as possible and then curl it up as high as possible.
- Hold for two seconds and lower slowly.



## 17.

- Support your forearm on a table with your wrist in a neutral position.
- Using a band or weight, roll your wrist to a palm up position.
- Hold for two counts and return to the starting position.



## 18.

- Support your forearm on a table with your wrist in a neutral position.
- Using a band or weight, roll your wrist to a palm down position.
- Hold for two counts and return to the starting position.

