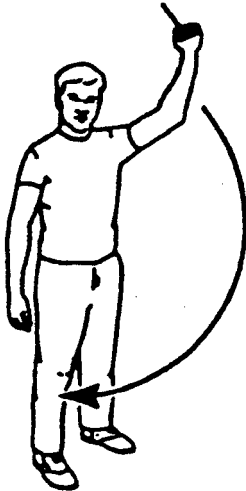


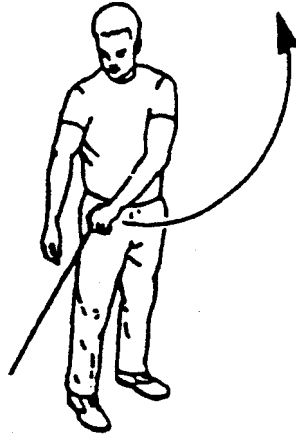
# THROWERS TEN EXERCISE PROGRAM

Dr. Walter R. Lowe

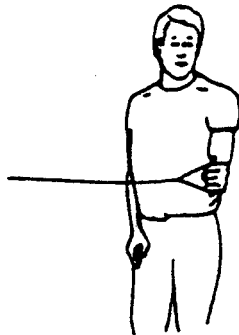
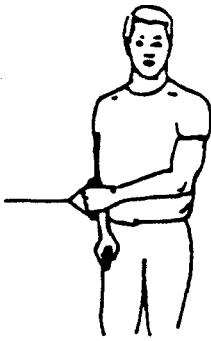
The throwers ten exercise program has been designed to exercise the major muscles necessary to return to throwing. The program's goal is to be an organized and precise exercise program specific to the thrower to improve strength, power, and endurance of the shoulder musculature.



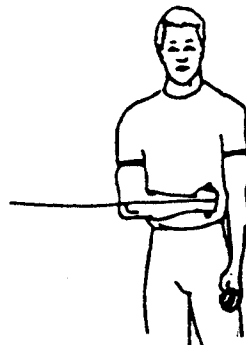
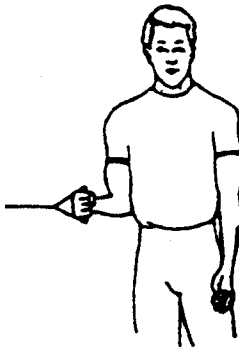
Exercise 1a



Exercise 1b



Exercise 2a



Exercise 2b

## 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

## 2a. External Rotation at 0° Abd

Stand with your uninvolved 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

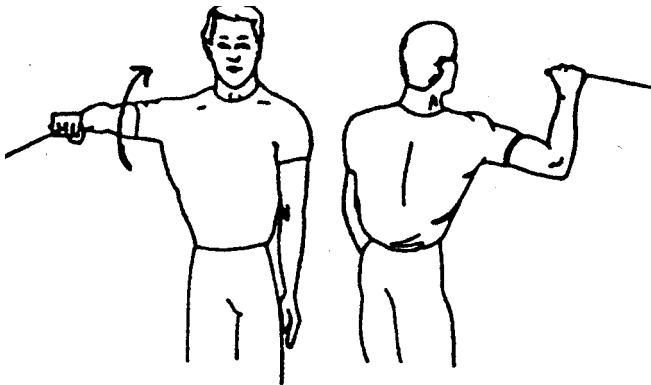
## 3a. Internal Rotation at 0° Abd

Stand with your involved side next to a closed door, tubing attached to the doorknob

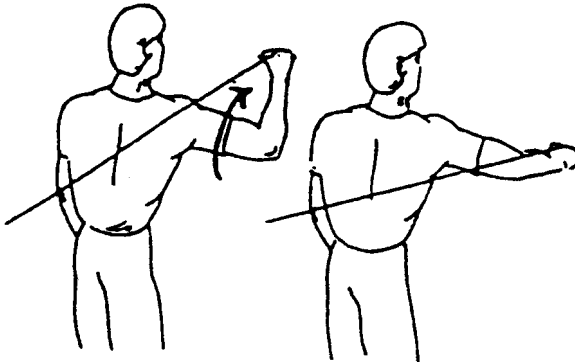
With elbow at 90° and at your side, pull across your body, slowly return to starting position

\_\_\_\_\_ sets of \_\_\_\_\_, \_\_\_\_\_ daily

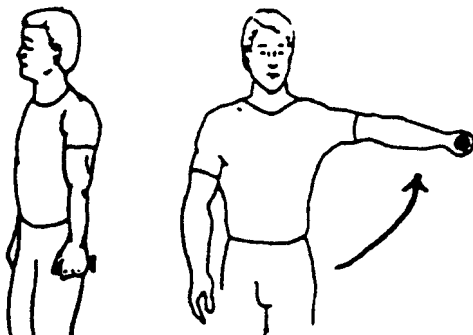
## THROWERS TEN EXERCISE PROGRAM



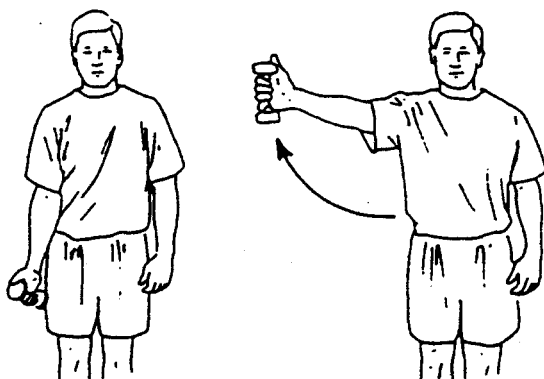
Exercise 2c



Exercise 2d



Exercise 3



Exercise 4

### 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

### 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

### 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

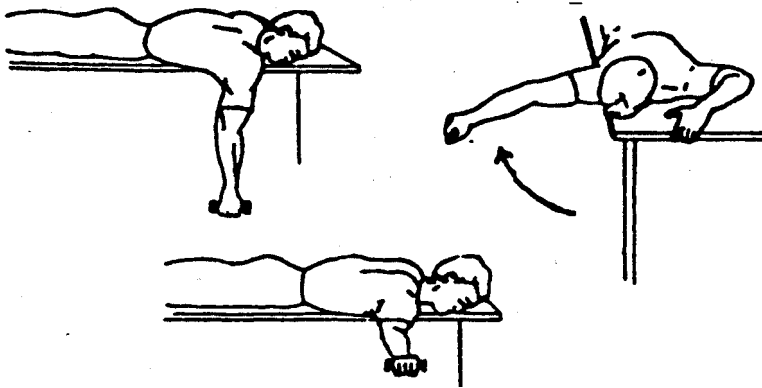
\_\_\_\_\_ sets of \_\_\_\_\_, \_\_\_\_\_ daily

### 4. Scaption (Full Can)

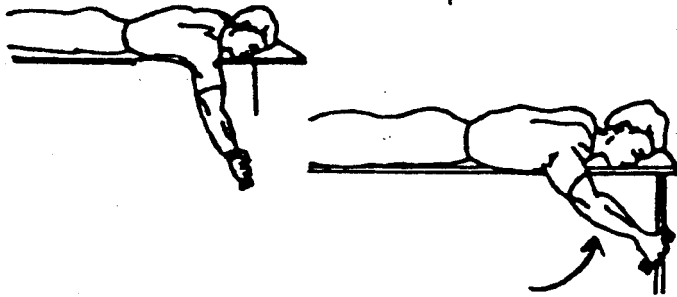
Standing with elbow straight and thumb up. Raise arm to shoulder level at 45° angle in front of body. Do not go above shoulder height. Hold for 2 seconds and then lower slowly.

\_\_\_\_\_ sets of \_\_\_\_\_, \_\_\_\_\_ daily

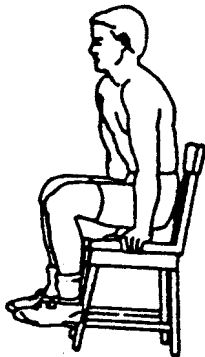
# THROWERS TEN EXERCISE PROGRAM



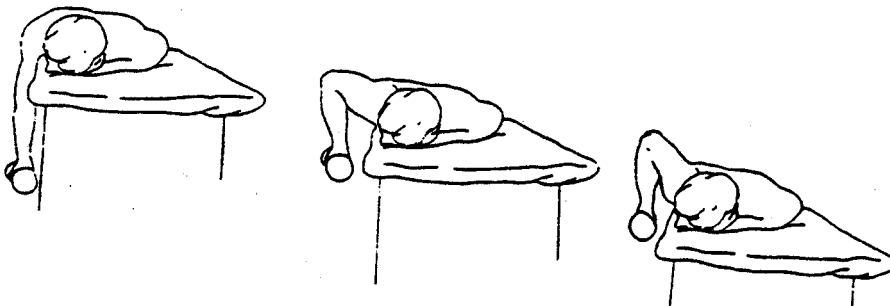
Exercise 5a



Exercise 5b



Exercise 6



Exercise 7

## 5a. Prone Horizontal Abduction (Neutral)

Lie on table, face down, with involved arm hanging straight to floor, palm facing down. Raise arm to the side, parallel to the floor. Hold 2 seconds and slowly lower.

\_\_\_\_\_ sets of \_\_\_\_\_, \_\_\_\_\_ daily

## 5b. Prone Horizontal Abduction (Full ER, 100° Abduction)

Lie on table, face down, with involved arm hanging straight to the floor, thumb rotated up. Raise arm out to the side slightly in front of shoulder parallel to the floor. Hold 2 seconds, lower slowly

\_\_\_\_\_ sets of \_\_\_\_\_, \_\_\_\_\_ daily

## 6. 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 for 2 sec and lower body slowly.

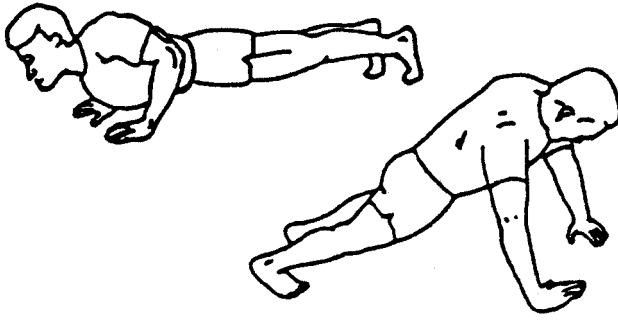
\_\_\_\_\_ sets of \_\_\_\_\_, \_\_\_\_\_ daily

## 7. Prone Rowing

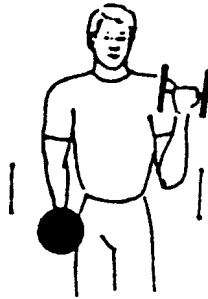
Lying on your stomach with your involved arm hanging over the side of the table, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow, and bring dumbbell as high as possible

Hold 2 seconds then lower slowly  
\_\_\_\_\_ sets of \_\_\_\_\_, \_\_\_\_\_ daily

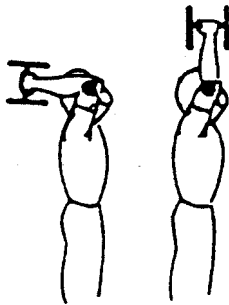
# THROWERS TEN EXERCISE PROGRAM



Exercise 8



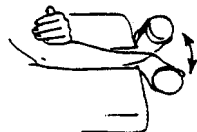
Exercise 9a



Exercise 9b



Exercise 10a



Exercise 10b

## 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

## 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

## 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

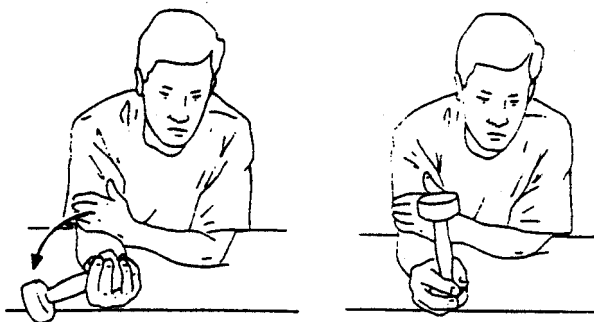
## 10a. Wrist Extension

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

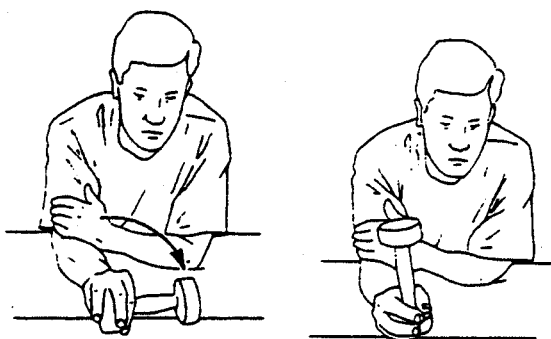
## 10b. Wrist Flexion

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

## THROWERS TEN EXERCISE PROGRAM



Exercise 10c



Exercise 10d

### 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

### 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