



**Shoulder Diagonal Adduction**

Attach tubing coming from behind body above head height. Reach arm up and grasp tubing with palm facing forward. Pull tubing straight down across body in an arc toward opposite hip. Return to start and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's 10 Program. D2 extension



**Shoulder Diagonal Abduction**

Stand on tubing and grasp with opposite hand from across body with palm facing hip. Pull tubing to raise arm up overhead and across body in an arc like motion. Lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's 10 program D2 Flexion



**Lateral Raise / Shoulder Abduction**

Standing in readiness position. Step on tubing and hold tubing down at side keeping elbow slightly bent. Raise arm up and away from side toward shoulder level. Avoid shrugging shoulder. Hold, lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's 10 program Deltoid



**Sh. Abduction 45° Thumb Down**

Standing on tubing, hold tubing with arm down along side with thumb down. Raise arm up until parallel with floor, keeping arm at a 45° angle to body and elbow straight. Avoid shrugging shoulder. Slowly lower to starting position. Repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's 10 program Suprspinatus



**'Sword' - Quadruped**

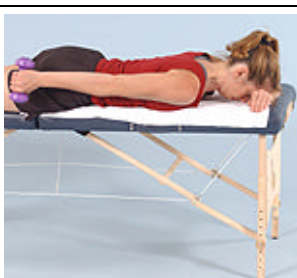
On hands and knees holding tubing in one hand against opposite hip. Tubing should be coming from behind body. Pull tubing up and across body until arm is outstretched over head. Maintain abdominal hollow and upper body control. Return to start position and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's 10 program Prone D2 Flexion



**Prone Shoulder Extension - Bench**

Lying on stomach on table holding dumbbell with arm relaxed down to floor. Raise arm bringing it straight backward keeping the thumb down. Hold, lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's 10 Program Shoulder Extension; replace weights with theraband for improved eccentric exercise.



**R/C Int Rot. Supported**

Attach tubing so that it is coming from behind the body. Sit sideways in a chair and rest elbow on back of chair. Grasp end of tubing and hold with elbow bent up at 90° with palm facing forward. Pull tubing down, rotating at the shoulder. Keep upper body stable. Return to start position and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's 10 program; progress to unsupported elbow.



**R/C External Rotation 90°**

Sitting or standing in readiness position. Attach tubing in front at shoulder height. Bend elbow and rest on back of a chair so that elbow is at shoulder level. Hold tubing with palm facing down. Slowly pull tubing up and backward in a circular motion without raising or lowering the elbow. Hold, lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's10 program External Rotation; progress to unsupported elbow.



**Biceps Curl**

Standing or seated in readiness position stepping on tubing. Arm down at side holding tubing with palm facing up. Slowly pull tubing up while keeping elbow against side of body. Lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's 10 program Biceps curl



**Triceps Overhead Extension**

Seated in readiness position with tubing placed under chair leg. Hold tubing behind head with elbows level with the hands. Pull tubing up toward the ceiling by straightening the elbows. Lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's 10 program Triceps extension



**Wrist Curls**

Seated in readiness position, bend over slightly, with forearms resting on knee. Let hand hang over knee, palm facing up and weight held loosely in the hand. Curl fingers up into palm then curl weight up from the wrist. Lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's 10 program wrist flexion



**Reverse Curls / Wrist**

Seated in readiness position, bent over slightly, with forearm resting on knee. Let hand hang over knee, palm facing down and hold weight loosely in the hand. Raise weight up away from knee by extending the wrist. Repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's 10 program Wrist Extension



**Wrist Twists - Pronation**

Seated in readiness position stepping on tubing so that tubing comes up from the outside of the leg. Hold tubing with forearm resting on thigh and palm facing up. Rotate wrist inward (counterclockwise) and then back to starting position. Repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's 10 program Wrist Pronation: A hammer or dumbbell held on one end can be substituted for theraband.



**Wrist Twists - Supination**

Seated in readiness position stepping on tubing so that tubing comes up from the inside of the leg. Hold tubing with forearm resting on thigh and palm facing down. Curl fingers into palm then rotate wrist outward (clockwise) and then back to starting position. Repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's 10 program Wrist Supination: A hammer or a dumbbell held on the end can be substituted for theraband.



**Push Ups**

From a push up position. Lower whole body down to floor. Press up to return to start position. Maintain abdominal hollow and neutral spinal alignment throughout movement.

Sets:	1
Reps:	Goal of 20 reps
Weight:	
Hold:	5-10 sec
Rest:	30-60
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's 10 program Serratus Anterior Strengthening; start this exercise from knees if athlete is unable to maintain proper form from feet.



**Seated Tricep Press Up**

Sitting on chair or floor. Place hands beside buttock with elbows slightly bent. Straighten elbows to raise torso slightly off seat. Hold, lower and repeat.

Sets:	1
Reps:	Goal of 20 reps
Weight:	
Hold:	5-10 sec
Rest:	30-60
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's 10 program Seated Press-ups.



**Bent Over Rows - Dumbell / Bench**

Bend at the hips and rest one knee and one hand up on a weight bench or table. Allow weight in opposite hand to hang down freely. Pull weight up to side of rib cage squeezing through the mid back. Do not allow upper back to twist during exercise.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's 10 program Rowing: theraband can be substituted for dumbbells.