

Throwers Ten Exercise Program
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PNF D2 Extension



Attach the tubing overhead; pull the tubing down and across your body to the opposite hip. Lead with your thumb. Squeeze your shoulder blades together while doing this.

___ Sets of ___



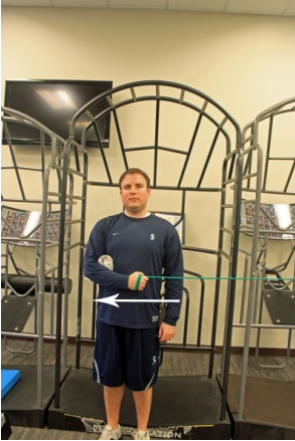
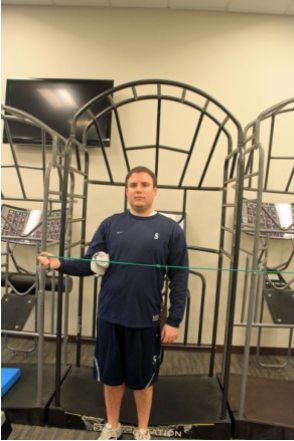


PNF D2 Flexion



Attach the tubing to the door, or stand on it with your opposite foot. Start with your palm facing towards you and pull your arm up and out. Rotate your arm as you move through the motion. Squeeze your shoulder blades together while doing this.

___ Sets of ___

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<p>Internal Rotation at 0</p> 		<p>Attach the tubing to a door or pole. Stand with your involved side next to the attached tubing. With your elbow at 90, pull across your body, return to start slowly. Squeeze your shoulder blades together while doing this.</p> <p>___ Sets of ___</p>
<p>External Rotation at 0</p> 		<p>Attach the tube to a door or poll. Stand with your uninvolved side next to the attached tubing. With your elbow at 90, pull across your body, return to start slowly. Squeeze your shoulder blades together while doing this.</p> <p>___ Sets of ___</p>
<p>External Rotation at 90</p> 		<p>Stand with shoulder abducted to 90 and elbow flexed to 90. With the tubing attached in front, hold the tubing and ER the arm and return to start slowly. Squeeze your shoulder blades together while doing this.</p> <p>___ Sets of ___</p>

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Internal Rotation at 90



Stand with shoulder abducted to 90 and elbow flexed to 90. With the tubing attached behind you, hold the tubing and IR the arm and return to start slowly. Squeeze your shoulder blades together while doing this.

___ Sets of ___

Shoulder Abduction to 90



Stand with your arm at the side, elbow straight and palm facing you. Raise your arm to your side with your palm facing the floor until you reach 90. Squeeze your shoulder blades together while doing this.

___ Sets of ___

Scaption (full can)



Standing with your elbow straight and thumb up. Raise the arm to shoulder level at a 45 angle in front of the body. Do not go above shoulder height. Squeeze your shoulder blades together while doing this.

___ Sets of ___

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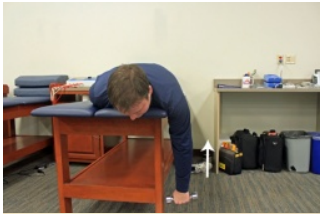
Prone Horizontal Abduction



Lie on the table face down, with the involved arm hanging to the floor. Raise the arm to the side, parallel to the floor. Hold for 2 seconds and slowly lower. Squeeze your shoulder blades together while doing this.

__ Sets of __

Prone Row

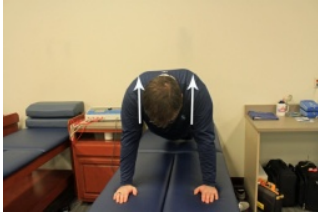


Lying on your stomach with your involved arm hanging down, elbow straight with a dumbbell. Slowly raise your arm, bend your elbow and bring the dumbbell as high as possible. Hold 2 seconds and then lower slowly. Squeeze your shoulder blades together while doing this.

__ Sets of __

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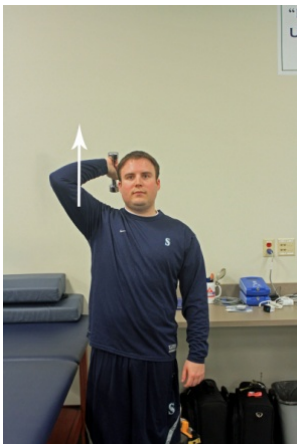
Push-ups



Start in down position. Place hands shoulder width apart. Push as high as possible, rolling shoulders forward after elbows are straight. Start with push-up on the wall, progress to tabletop and gradually progress to the floor as tolerated. Squeeze your shoulder blades together while doing this.

___ Sets of ___

Elbow extension

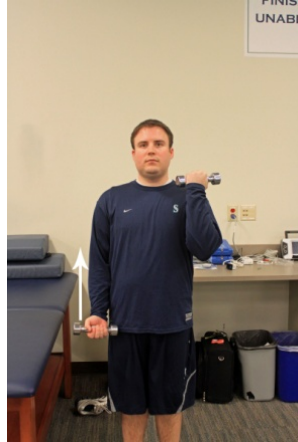


Raise involved are overhead. Straighten arm overhead. Hold 2 seconds and lower slowly.

___ Sets of ___

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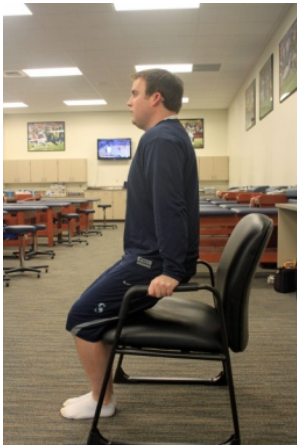
Elbow Flexion



Standing with arm against the side and palm facing inward. Bend your elbow upward turning your palm as you progress. Hold for 2 seconds.

___ Sets of ___

Press ups



Seated on a chair or table, place both hands firmly on the sides of the chair or table. Slowly push downward through the hands to elevate your body. Hold for 2 seconds and lower body slowly. Squeeze your shoulder blades together while doing this.

___ Sets of ___

Wrist Flexion



Supporting the forearm and with palm facing up, lower the weight in hand and as far as possible and then curl up and as far as possible. Hold for 2 seconds and return to start.

___ Sets of ___

Wrist Extension

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		<p>Supporting the forearm and with the palm facing down, raise the weight in hand as far as possible. Hold for 2 seconds and lower slowly.</p> <p>___ Sets of ___</p>
<p>Supination and pronation</p>	<p>Supination- Have your forearm supported on the table and in neutral position. Roll your wrist clockwise. Hold for two seconds and then return to the starting position.</p> <p>___ Sets of ___</p> <p>Pronation-- Have your forearm supported on the table and in neutral position. Roll your wrist counter-clockwise. Hold for two seconds and then return to the starting position.</p> <p>___ Sets of ___</p>	