

# THROWER'S 10 – LEVEL II

Use this injury prevention program to help minimize your risk of shoulder injury. This program should be completed *once daily, 3 – 5 times per week* for best results.



## SEATED EXTERNAL ROTATION at 0° ABDUCTION // Sets: 1 | Reps: 10



### Setup

Sitting on a physio ball with your involved elbow tucked to your side holding a rolled towel tucked under your arm, grip the resistance band so that your thumb is facing toward the ceiling. The resistance band should come across your body.

### Movement

Slowly rotate your arm away from your chest keeping your elbow stable and the rolled towel in place. Slowly return to the starting position.

## SEATED INTERNAL ROTATION at 0° ABDUCTION // Sets: 1 | Reps: 10

STEP 1



STEP 2



\*Sit on physio ball instead of chair

### Setup

Sitting on a physio ball with your involved elbow tucked to your side holding a rolled towel tucked under your arm, grip the resistance band so that your thumb is facing toward the ceiling. The resistance band should not come across your body and be on the side closest to your involved arm.

### Movement

Slowly rotate your arm in toward your chest keeping your elbow stable and the rolled towel in place. Slowly return to the starting position.

## SUSTAINED SCAPTION w/ DUMBBELL w/ HOLD // Sets: 1 | Reps: 10



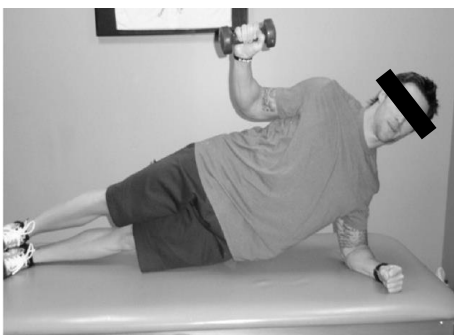
### Setup

Sitting on a physio ball with your shoulder blades retracted and tucked back.

### Movement

Raise both arms to directly to the side (not in front of you like in the previous exercise). Keep one arm held out to your side. On the other side raise and lower your arm to shoulder height 10 times. Switch and repeat with the other side.

## SIDE PLANK EXTERNAL ROTATION w/ DUMBBELL // Sets: 1 | Reps: 10



### Setup

Assume the side plank position with the uninvolved arm being used a support on the floor and your involved arm bent to 90° and held at your side.

### Movement

Assume the side plank position with the uninvolved arm being used a support on the floor and your involved arm bent to 90° and held at your side.

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## T RAISES // Sets: 1 | Reps: 10



### Setup

Using a physio ball, lie on your stomach.

### Movement

Raise your arms to your sides in a “T” formation. Focus on pulling your shoulder blades closer together in the middle of your back. Once both arms are parallel with the floor, keep one arm in place while you lower and raise the other arm 10 times. Once finished, switch arms and repeat.

## Y RAISES // Sets: 1 | Reps: 10



### Setup

Using a physio ball, lie on your stomach.

### Movement

Raise your arms slightly in front of you in a “Y” formation. Focus on pulling your shoulder blades closer together in the middle of your back. Once both arms are parallel with the floor, keep one arm in place while you lower and raise the other arm 10 times. Once finished, switch arms and repeat.

## EXTERNAL ROW ROTATION w/ RESISTANCE BAND // Sets: 1 | Reps: 10



### Setup

Sitting on a physio ball with your shoulder blades retracted and tucked back.

### Movement

Bend your elbows in front of you with your thumbs out to the side. Holding the resistance band, rotate your arms out the side so that your palms are facing forward. Slowly, return to the starting position.

## SEATED SHOULDER EXTENSION and SCAPULAR RETRACTION w/ RESISTANCE BAND// Sets: 1 | Reps: 10

STEP 1



STEP 2



### Setup

Begin sitting on a physio ball holding both ends of a resistance band that is anchored in front of you.

### Movement

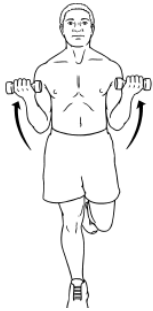
Pull your arms back and down against the resistance, squeezing your shoulder blades together as you do. Hold briefly, and then slowly return to the starting point.

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## SINGLE LEG SUPINATED BICEP CURL // Sets: 1 | Reps: 10



### Setup

Hold your dumbbells in both hands. Raise one leg so that you are standing only on one leg.

### Movement

Using the arm opposite of your non-standing leg, perform a bicep curl by bending your arm to move the weight to your shoulder. Perform 10 reps and then switch arms and legs, performing on the opposite sides.

## SINGLE LEG ELBOW EXTENSION // Sets: 1 | Reps: 10

STEP 1



STEP 2



### Setup

Begin in an upright, standing position, standing on one leg. Raise your arm straight overhead and bend your elbow.

### Movement

Keeping your elbow in the same spot, straighten your arm, pressing your hand overhead. Return to the starting position and repeat.

STANDING ON 1 LEG

## WRIST FLEXION w/ DUMBBELL // Sets: 1 | Reps: 10

STEP 1



STEP 2



### Setup

Begin sitting tall with your hurt arm resting palm-up on the edge of a table, holding a light dumbbell in your hand. Place your other hand on your forearm to help keep it steady.

### Movement

Gently bend your wrist, lifting the weight up toward the ceiling. Then, lower it back to the starting position and repeat.

### Tip

Make sure to only move your wrist during the exercise and not your elbow or arm.

## WRIST EXTENSION w/ DUMBBELL // Sets: 1 | Reps: 10

STEP 1



STEP 2



### Setup

Begin sitting tall with your hurt arm resting palm-down on the edge of a table, holding a light dumbbell in your hand. Place your other hand on your forearm to help keep it steady.

### Movement

Gently bend your wrist, lifting the weight up toward the ceiling. Then, lower it back to the starting position and repeat.

### Tip

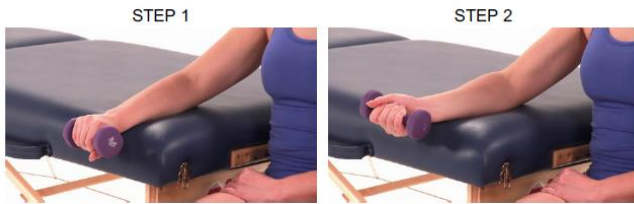
Make sure to only move your wrist during the exercise and not your elbow or arm.

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### FOREARM SUPINATION w/ DUMBBELL // Sets: 1 | Reps: 10



#### Setup

Begin sitting tall with your hurt forearm resting on a table, holding a dumbbell, palm facing down.

#### Movement

Slowly rotate your forearm until your palm is facing up, then rotate it back to the starting position and repeat.

#### Tip

Make sure to keep your wrist straight throughout the movement.

### FOREARM PRONATION w/ DUMBBELL // Sets: 1 | Reps: 10



#### Setup

Begin sitting tall with your hurt forearm resting on a table, holding a dumbbell, palm facing up.

#### Movement

Slowly rotate your forearm until your palm is facing down, then rotate it back to the starting position and repeat.

#### Tip

Make sure to keep your wrist straight throughout the movement.