

THROWER'S 10 – LEVEL I

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.



SHOULDER D1 EXTENSION w/ RESISTANCE BAND // Sets: 1 | Reps: 10



Setup

Begin in a standing upright position with one arm crossed in front of your body, thumb pointing up, holding a resistance band anchored on that same side above your head.

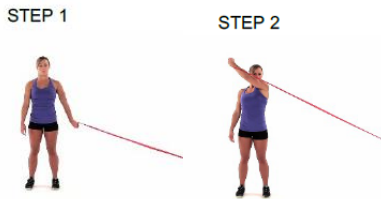
Movement

Bring your arm downward across your body, rotating your thumb to point down. Then reverse this motion back to the starting position and repeat.

Tip

Make sure to keep your back straight and do not let your body turn as you move your arm.

SHOULDER D1 FLEXION w/ RESISTANCE BAND // Sets: 1 | Reps: 10



Setup

Begin in a standing upright position with one arm held out to your side, thumb pointing down, holding a resistance band anchored on that same side near the ground.

Movement

Bring your arm upward across your body, rotating your thumb to point up. Then reverse this motion back to the starting position and repeat.

Tip

Make sure to keep your back straight and do not let your body turn as you move your arm.

STANDING SHOULDER EXTERNAL ROTATION at WAIST w/ RESISTANCE BAND // Sets: 1 | Reps: 10



Setup

Begin standing upright with your elbow bent at 90° and a towel roll tucked under your arm, holding a resistance band that is anchored out to your opposite side.

Movement

Rotate your arm out to your side, pulling against the resistance. Then, slowly return to the starting position and repeat.

Tip

CONTROL THE MOVEMENT. Do not let the band snap or pull you.

STANDING SHOULDER EXTERNAL ROTATION at 90°/ 90° w/ RESISTANCE BAND // Sets: 1 | Reps: 10



Setup

Begin standing upright with one arm out to the side and your elbow bent to 90° with your palm facing the floor.

Movement

Slowly rotate your arm upward until your palm is facing forward and hold for 3 seconds.

Tip

Make sure not to let your elbow drop as you rotate your arms and maintain a gentle chin tuck throughout the exercise.

EASIER

CHOOSE 1

HARDER

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STANDING SHOULDER INTERNAL ROTATION at WAIST w/ RESISTANCE BAND // Sets: 1 | Reps: 10

EASIER

STEP 1



STEP 2



Setup

Begin in a standing upright position with your elbow bent at 90° and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side closest to your bent arm.

Movement

Slowly rotate your arm inward toward your chest, pulling against the resistance. Then, slowly return to the starting position and repeat.

Tip

CONTROL THE MOVEMENT. Do not let the band snap or pull you.

STANDING SHOULDER INTERNAL ROTATION at 90°/ 90° w/ RESISTANCE BAND // Sets: 1 | Reps: 10

HARDER

STEP 1



STEP 2



STEP 3



Setup

Begin standing tall, holding onto a band that is anchored behind you.

Movement

Lift your elbow up to shoulder height and out to your side, keeping it bent to 90°. Move your hand down toward the floor, pulling against the band. Slowly reverse the motion and repeat.

Tip

Try to keep your elbow still during the exercise. Do not shrug your shoulder or let your trunk rotate. Do not let the resistance band snap or pull you. Control the movement.

SHOULDER ABDUCTION w/ DUMBBELLS // Sets: 1 | Reps: 10

STEP 1



STEP 2



Setup

Begin standing upright with your arms resting at your sides, holding a dumbbell in each hand.

Movement

Keeping your elbows straight, raise both arms directly out to your sides with your thumbs up. Then, lower them back down and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

SHOULDER SCAPTION w/ DUMBBELLS // Sets: 1 | Reps: 10

STEP 1



STEP 2



STEP 3



Setup

Begin standing upright with your arms resting at your side, holding lightweight dumbbells.

Movement

Slowly raise your arms diagonally at roughly a 30° angle from your body, then lower your arms back to your sides.

Tip

Make sure to keep your elbows straight and avoid shrugging your shoulders. Try not to arch your low back while raising and lowering your arms.

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SIDELYING SHOULDER EXTERNAL ROTATION w/ DUMBBELLS // Sets: 1 | Reps: 10



Setup

Begin lying on your side with a towel under your top arm and your elbow bent to 90°, holding a dumbbell in that hand.

Movement

Slowly rotate your arm upward. Pause briefly at the top of the movement, then return to the starting position and repeat.

Tip

Make sure to keep your elbow bent and tucked in at your side as you lift your arm. Do not shrug your shoulder during the exercise.

PRONE SHOULDER HORIZONTAL ABDUCTION // Sets: 1 | Reps: 10



Setup

Begin lying on your stomach with a towel roll below your forehead and your arms resting out to your sides.

Movement

Squeeze your shoulder blades together, then lift your arms straight up to the side. Hold briefly at the top of the movement, then relax and repeat.

Tip

Make sure to keep your neck relaxed and do not shrug your shoulder during the exercise.

PRONE SHOULDER HORIZONTAL ABDUCTION w/ EXTERNAL ROTATION // Sets: 1 | Reps: 10



Setup

Begin lying face down on a table with your arms to your sides, holding a dumbbell in each hand.

Movement

Pointing your thumbs upward, raise your arms backward as far as you can.

Tip

Make sure to keep your arms straight and your thumbs pointing upward. Think of squeezing your shoulder blades together as you lift your arms.

PRONE SHOULDER ROW // Sets: 1 | Reps: 10



Setup

Begin lying on your stomach with one arm hanging off the edge of a table.

Movement

Bend your elbow as you pull your arm up, keeping it tucked towards your side. Slowly return to the starting position and repeat.

Tip

Make sure to keep your arm close to your side and think of squeezing your shoulder blades together as you pull your arm up. Do not shrug your shoulders during the exercise.

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PRONE SHOULDER ROW w/ EXTERNAL ROTATION w/ DUMBBELLS // Sets: 1 | Reps: 10

STEP 1



STEP 2



Setup

Begin lying on your stomach with one arm hanging off the edge of a table, holding a dumbbell in your hand. A towel roll should be positioned under your forehead.

Movement

Pull your elbow up, allowing your arm to bend, allowing your elbow to come out to the side. At the top of the movement, rotate your arm so that the back of your hand comes up toward the ceiling.

Tip

Make sure to keep your elbow bent and tucked in at your side as you lift your arm. Do not shrug your shoulder during the exercise.

SEATED SHOULDER PRESS UPS OFF TABLE // Sets: 1 | Reps: 10

STEP 1



STEP 2



Setup

Begin sitting upright with your feet hanging off the edge of a table.

Movement

Place your hands in fists by your hips and push down into the table, lifting your body up. Lower yourself back down and repeat.

Tip

Make sure to keep your back straight throughout the exercise and do not shrug your shoulders.

PUSH UP // Sets: 1 | Reps: 10

STEP 1



STEP 2



Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees bent straight, and feet together.

Movement

Slowly lower your body to the ground then push yourself back up and repeat.

Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise. To decrease difficulty, bend knees so that they are touching the floor for a modified push-up.

STANDING SUPINATED BICEP CURL w/ DUMBBELLS // Sets: 1 | Reps: 10

STEP 1



STEP 2



Setup

Begin standing upright, holding a dumbbell in each hand, with your palms facing forward.

Movement

Slowly curl both dumbbells up toward your shoulders, then lower them back down and repeat.

Tip

Make sure to keep your palms facing forward, back straight, and do not shrug your shoulders during the exercise.

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OVERHEAD ELBOW EXTENSION w/ DUMBBELL // Sets: 1 | Reps: 10

STEP 1



STEP 2



Setup

Begin standing upright holding a dumbbell in one hand. Raise your arm straight upward with your elbow bent by your head, stabilized with your other hand.

Movement

Slowly straighten your arm up toward the ceiling, then lower it back down and repeat.

Tip

Make sure to keep your back straight and do not let your arm fall forward during the exercise.

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.

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

STEP 1



STEP 2



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.

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OVERHEAD ELBOW EXTENSION w/ DUMBBELL // Sets: 1 | Reps: 10

STEP 1



STEP 2



Setup

Begin standing upright holding a dumbbell in one hand. Raise your arm straight upward with your elbow bent by your head, stabilized with your other hand.

Movement

Slowly straighten your arm up toward the ceiling, then lower it back down and repeat.

Tip

Make sure to keep your back straight and do not let your arm fall forward during the exercise.

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.

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

STEP 1



STEP 2



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.

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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.