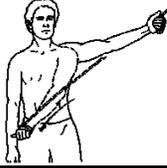
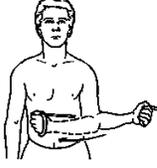
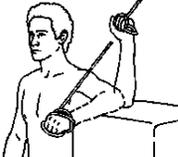
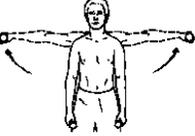


# THROWER'S TEN PROGRAM

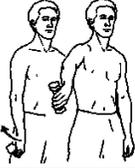
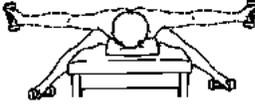
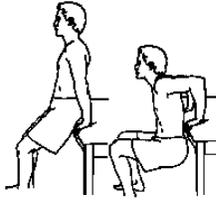
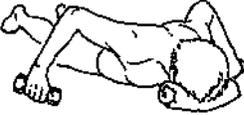
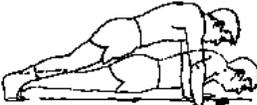
<p><b>1a. Diagonal Pattern D2 Flexion</b> Grip tubing overhead and out to the side. Pull tubing down and across your body to the opposite side of the leg. During the motion lead with your thumb. Exercise should be performed in controlled manner.</p>	
<p><b>1b. Diagonal Pattern D2 Extension</b> Gripping the tubing, begin with arm across the body in front of the opposite hip, and palm facing downward. Bring arm up and out to the opposite side. Exercise should be performed in controlled manner.</p>	
<p><b>2a. External Rotation at 0 Degrees Abduction</b> Stand with elbow fixed at side and at 90 degrees with arm across the front of the body. Grip tubing while the other end is fixed. Rotate out with arm, keeping elbow at side. Return tubing slow and controlled.</p>	
<p><b>2b. Internal Rotation at 0 Degrees Abduction</b> Stand with elbow fixed at side and at 90 degrees with shoulder rotated out. Rotate arm across body keeping elbow at side. Return tubing slowly and controlled.</p>	
<p><b>2c. External Rotation at 90 Degrees Abduction</b> With your shoulder fixed at 90 degrees abduction and the elbow fixed at 90 degrees of flexion, grip the tubing while the other end is fixed. Rotate the shoulder back while keeping the elbow fixed. Return tubing slowly and controlled.</p>	
<p><b>2d. Internal Rotation at 90 Degrees Abduction</b> With your shoulder fixed at 90 degrees abduction and the elbow fixed at 90 degrees of flexion, grip the tubing while the other end is fixed. Rotate the shoulder forward while keeping the elbow fixed. Return tubing slowly and controlled.</p>	
<p><b>3. Shoulder Abduction at 90 Degrees</b> Stand with arms at side, elbows straight, and palms against the sides. Raise arms to 90 degrees keeping the palms down. Hold 2 seconds and then return the weight to your side slowly and controlled.</p>	



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# THROWER'S TEN PROGRAM

<p><b>4. Scaption, Internal Rotation</b> Stand with elbow straight and forearm turned thumb down. Raise arm to the height of the shoulder at a 30 degree angle in front of the body. Hold 2 sec. Return the weight to your side slowly and controlled.</p>	
<p><b>5a. Prone Horizontal Abduction (Neutral)</b> Lying face down on a table, with the involved arm hanging straight to the floor, and palm facing down. Raise arm out to the side, parallel to the floor. Hold 2 seconds and then return the weight to the starting position slowly and controlled.</p>	
<p><b>5b. Prone Horizontal Abduction (Full ER)</b> Lying face down, with the involved arm hanging straight to the floor, and thumb pointed up. Raise arm out to the side, parallel to the floor. Hold 2 seconds and then return the weight to the starting position slowly and controlled.</p>	
<p><b>6. Seated Press-Ups</b> Seated in a chair, place both hands firmly on the sides/arms of the chair with palm down and fingers pointed outward. Hands should be placed equal to the shoulders. Slowly push downward to elevate your body till the arms are fully extended. Hold 2 seconds and then slowly lower your body back down.</p>	
<p><b>7. Prone Rowing</b> Lying face down, with your arms hanging towards the floor and elbows straight, slowly raise the arms, bending the elbows, and bring the weight as high as possible. Hold 2 seconds and then lower the weight slowly and controlled.</p>	
<p><b>8. Push-Ups</b> Start in the down position with arms in a comfortable position. Hands should be shoulder width apart. Push up as high as possible, hold 2 seconds, and then gradually return to the start position</p>	
<p><b>9a. Elbow Flexion</b> Standing with elbow against the side and straight with palm facing upward, flex the elbow upward as far as possible. Hold 2 seconds, and then gradually return the weight to the starting position.</p>	



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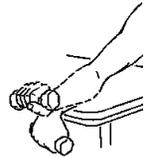
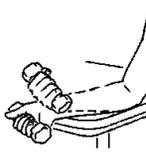
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<p><b>9b. Elbow Extension</b> Lying firm on your back, place the involved arm at 90 degrees of elbow flexion overhead. Provide support at the elbow with the opposite hand. Gradually straighten the elbow, hold 2 seconds, and return the weight to your side slowly and controlled.</p>	
<p><b>10a. Wrist Extension</b> With the forearm supported and the palm facing down, extend the wrist to raise the weight as far as possible. Hold 2 seconds and return the weight to the starting position.</p>	
<p><b>10b. Wrist Flexion</b> With the forearm supported and the palm facing up, flex the wrist to raise the weight as far as possible. Hold 2 seconds and return the weight to the starting position.</p>	
<p><b>10c. Supination</b> With the forearm supported and the wrist in a neutral position, use a weight or hammer and roll the wrist taking it to the palm up position. Hold 2 seconds and return the weight to the starting position.</p>	
<p><b>10d. Pronation</b> With the forearm supported and the wrist in a neutral position, use a weight or hammer and roll the wrist taking it to the palm down position. Hold 2 seconds and return the weight to the starting position.</p>	



## ABOUT THE THROWER'S TEN PROGRAM:

The Thrower's Ten Program is designed to specifically isolate and strengthen the muscles in the upper extremity that are necessary for upper extremity health when performing repetitive, forceful, overhead movements. Though listed as a Thrower's Ten, this program is also effective for injury prevention for any athlete who participates in regular over the shoulder activities such as volleyball, softball, swimming, and tennis. If you have any questions about specific strengthening or prevention measures for throwing or for any sport, please feel free to contact us at the information below.



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