

Physical Therapy Department

Post-Operative

Throwers Program



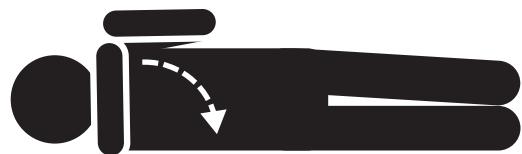
1. Horizontal Adduction Stretch

- ◆ Lie on your back or stand with your back supported so that shoulder blade is fixed in a single position.
- ◆ Slowly reach across the body with the arm and use your other hand at the elbow to help stretch across. Keep your shoulder down away from your ear as you do this.
- ◆ Hold this stretch 30 seconds.
- ◆ Repeat 3-5 times.
- ◆ Perform this both as a warm-up and cool-down exercise.



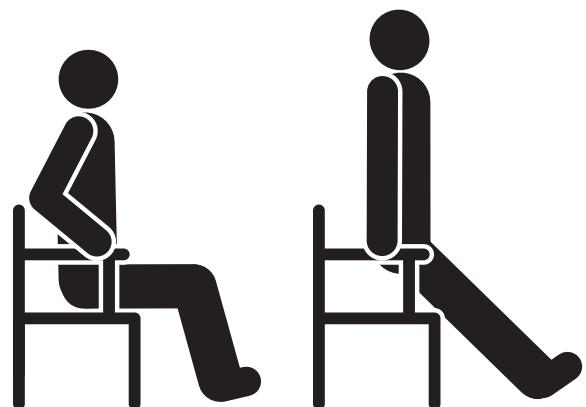
2. Sleepers Stretch

- ◆ Lie on the side of your throwing arm and bring the arm up so that it is flexed 90 degrees.
- ◆ Bend the elbow to the 90 degree position and use the other hand above the wrist to slowly stretch down toward the table.
- ◆ Hold this stretch for 30 seconds.
- ◆ Repeat 3-5 repetitions.
- ◆ Perform this as both a warm-up and cool-down exercise



3. Seated Press-ups

- ◆ Sit on a chair or table and place your hands either on the sides of the chair or on the arm supports.
- ◆ Slowly push downward through the hands to lift your body up out of the chair.
- ◆ Initially if necessary start with some weight through your feet on the floor.
- ◆ As you progress, lift your entire body weight up.
- ◆ Once you have pressed up, hold the elevated position for 2 seconds and slowly lower back down.
- ◆ Perform 3 sets of 10 repetitions 2 times per day.

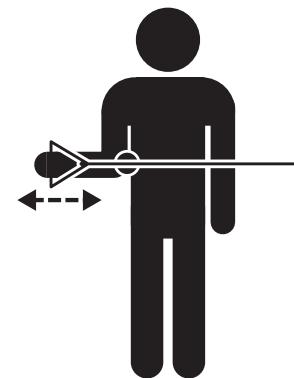


4. Scaption

- ◆ Stand with your elbow straight and your thumb up.
 - ◆ Raise your arm up to the side with it approximately 1/3 of the way forward.
Lift the hand up to forehead height.
 - ◆ Hold 2 seconds and slowly lower down.
 - ◆ Repeat 10 repetitions of this.
 - ◆ Perform 2 sets of 10.
 - ◆ This exercise may be done 1-2 times per day.
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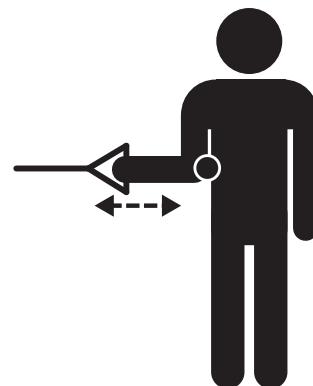
5. External Rotation at Neutral

- ◆ Place a small towel roll between your arm and your body.
- ◆ Stand with your throwing arm away from the door and hold the tubing in hand with elbow bent at 90 degree angle.
- ◆ Slowly rotate the hand out away from the body while maintaining slight contact against the towel roll under your arm.
- ◆ Hold this 1-2 seconds and then slowly lower the hand back in across the stomach.
- ◆ Repeat 20 repetitions of this.
- ◆ Perform this 1-2 times per day.



6. Shoulder Internal Rotation at Neutral

- ◆ Place a small towel roll between your arm and your body and stand with your throwing arm toward the door.
- ◆ Grab the tubing with your elbow bent 90 degrees and slowly pull in across the stomach. Keep the elbow bent 90 degrees and maintain slight pressure against the towel roll as you do this.
- ◆ Hold 1-2 seconds and then slowly lower back.
- ◆ Repeat this 20 repetitions.
- ◆ Perform 1-2 times per day.



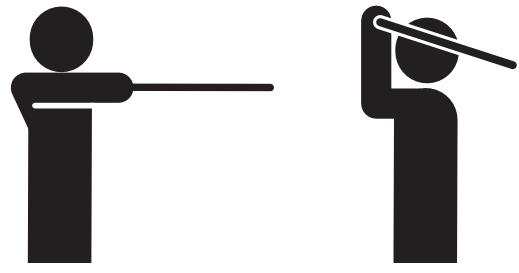
7. Internal Rotation at 90 Degrees

- ◆ Stand with your back toward the door.
- ◆ Place the tubing in the door up above shoulder level.
- ◆ Have your arm up in a throwing position and hold the tubing in your hand.
- ◆ Slowly rotate the arm forward.
- ◆ Hold 1-2 seconds and then slowly lower back.
- ◆ Repeat up to 20 repetitions.
- ◆ Perform this 1-2 times per day.



8. Shoulder External Rotation at 90 Degrees

- ◆ Stand facing the door with the tubing placed again at above shoulder level.
- ◆ Grasp the tubing in the hand and slowly rotate the hand back as if cocking your arm to throw. Hold 1-2 seconds and then slowly lower back.
- ◆ Repeat this 20 times.
- ◆ Perform this exercise 1-2 times per day.

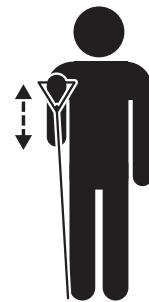


9. Prone Horizontal Abduction

- ◆ Lie face down on a table with your throwing arm hanging straight down toward the floor.
- ◆ Have your thumb rotated up.
- ◆ Slowly raise the arm out to the side with the hand about equal to forehead height.
- ◆ Make sure you keep your hand and arm slightly in front of the shoulder.
- ◆ Hold this 2 seconds and then slowly lower down.
- ◆ Repeat 2 sets of 10 repetitions.
- ◆ Perform this 1-2 times per day.

10. Biceps Curls

- ◆ Stand with arm against your side and thumb toward your hip.
- ◆ Slowly bend your elbow up turning the palm up as you move through the exercise.
- ◆ Hold 2 seconds and slowly lower down.
- ◆ Repeat 3 sets of 10 repetitions.
- ◆ Perform this 1-2 times daily.



11. Triceps Press

- ◆ Slowly raise the involved arm overhead.
- ◆ Provide support at the elbow from the uninvolved hand as necessary.
- ◆ Slowly straighten the arm overhead and hold for 2 seconds.
- ◆ Lower down and repeat.
- ◆ Perform 3 sets of 10 repetitions.
- ◆ Repeat this 1-2 times daily.



12. Wrist Extension Curls

- ◆ Support the forearm with the palm facing down.
- ◆ Slowly lift the hand up while keeping the forearm on its support.
- ◆ Hold for 2 seconds and lower down slowly.
- ◆ Repeat 2 sets of 10 repetitions.
- ◆ Perform this 1-2 times per day.



13. Wrist Flexion Curls

- ◆ Support the forearm with the palm facing up.
- ◆ Slowly curl the wrist, moving it up as far as possible.
- ◆ Hold for 2 seconds and lower down slowly.
- ◆ Repeat this for 2 sets of 10 repetitions.
- ◆ Perform this 1-2 times per day.

