**Throwers Rehabilitation Program**

**BACKGROUND**

- Use good technique and keep shoulder back and down
- Stretch before and after activity. May include pectoralis, bicep, tricep, and wrist stretches
- Gradually progress throwing frequency and distance.
- For sore shoulders, ice 15-20 minutes after practice.
- If shoulder pain continues or worsens, see your athletic trainer or physician

**INCREASE RANGE-OF-MOTION**

**Passive: Posterior Capsule Stretch**

Patient is sidelying with throwing arm on the bottom.
Arm is extended perpendicular to the body with the elbow bent and hand pointed up towards the ceiling.
Slowly apply downward pressure pushing the palm towards the ground.

**Frequency:** 3 sets of 60 seconds  
**Goal:** Restore and maintain full shoulder movement.

**Passive: Latissimus Dorsi Stretch**

Patient is lying on their back
Grasp a stick or bat with both hands.
Keep arms straight and elbows in.
Slowly lower the bar over head and hold

**Frequency:** 3 sets of 60 seconds  
**Goal:** Restore and maintain full shoulder movement.

**MAINTAIN STRENGTH**

**Active: External Rotation at 0°**

Fixate theraband at waist level
Place rolled up towel or glove between elbow and abs
Keep shoulders rolled back and down
Grasp theraband and with elbow bent, rotate hand away from the body

**Frequency:** 3 sets 15 reps  
**Goal:** Improve shoulder strength/endurance

**Active: External Rotation at 90°**

Start with the arm raised up to shoulder height
Keep shoulders back and down
Rotate arm up towards the ceiling
Hold 2 seconds and slowly rotate back to starting position

**Frequency:** 3 sets of 15 reps  
**Goal:** Improve shoulder strength/endurance
**Throwers Rehabilitation Program**

**Maintain Strength**

Active: **Internal Rotation at 0°**
- Fixate the theraband at waist level
- Place rolled up towel or glove between elbow and abs
- Keep shoulders rolled back and down
- Grasp theraband and with elbow bent, rotate hand towards the body

**Frequency:** 3 sets of 15 reps
**Goal:** Improve shoulder strength/endurance

Active: **Internal Rotation at 90°**
- Start with the arm raised up to shoulder height
- Keep shoulders back and down
- Rotate arm forward until palm faces the ground
- Hold 2 seconds and slowly rotate back to starting position

**Frequency:** 3 sets of 15 reps
**Goal:** Improve shoulder strength/endurance

Active: **Open Can**
- Fixate the theraband low to the ground or step on it
- Keep shoulders back and down
- With thumb pointed up slowly raise arm 30 degrees in front of the lateral plane of the body, not directly to the side
- Raise arm to shoulder height
- Hold 2 seconds and return to starting position

**Frequency:** 3 sets of 15 reps
**Goal:** Improve shoulder strength/endurance

Active: **Diagonal Pattern Extension**
- Fixate the theraband low to the ground or step on it
- Keep shoulders back and down
- With hand placed near the opposite hip, raise arm in a diagonal motion across the body
- Slowly lower to the starting position

**Frequency:** 3 sets of 15 reps
**Goal:** Improve shoulder strength/endurance

Active: **Diagonal Pattern Flexion**
- Fixate the theraband above your head
- Keep shoulders back and down
- Pull arm across your body towards your opposite hip
- Hold 2 seconds and return to starting position

**Frequency:** 3 sets of 15 reps
**Goal:** Improve shoulder strength/endurance
**Throwers Rehabilitation Program**

### Active: Push with a plus
- **Start in a push up position**
- Hands shoulder width apart
- Keep back and hips in line
- Push through your hands, keeping your elbows straight
- Return to starting position

**Frequency:** 3 sets of 15 reps  Three times per week

**Goal:** Improve shoulder strength/endurance

### Active: Prone Horizontal abduction
- Pic 1 is the starting position
- Pic 2: raise arm up with thumb pointed up at a diagonal
- Pic 3: Raise arm up towards your head
- Pic 4: raise arm directly out to the side.
- A small 1-3 lbs weight may be used

**Frequency:** 2 set of 15 reps for each exercise  Three times per week

**Goal:** Improve scapular strength/endurance

### Active: Wrist flexion curls
- Grasp a small weight and rest the forearm on a table
- Hand should be hanging off the table with the palm up
- Flex the hand up towards the ceiling
- Hold 3 sec and return to starting position

**Frequency:** 3 sets of 15 reps  Three times per week

**Goal:** Improve forearm strength/endurance

### Active: Wrist extension curls
- Grasp a small weight and rest the forearm on a table
- Hand should be hanging off the table with the palm down
- Flex the hand up towards the ceiling
- Hold 3 sec and return to starting position

**Frequency:** 3 sets of 15 reps  Three times per week

**Goal:** Improve forearm strength/endurance

### Active: Hammer curls
- Grasp a hammer and rest the forearm on a table
- Hand should be hanging off the table
- Slowly rotate the hammer side to side
- Holding the end increases the difficulty

**Frequency:** 3 sets of 15 reps  Three times per week

**Goal:** Improve forearm strength/endurance