

Post Throwing Home Exercise Program

Prone Scapular Retraction

Lie on your stomach with your head in neutral, don't rest on your chin. Slightly lift your head, squeeze your shoulder blades together and lift your hands off the table.

Repeat 15 Times **Hold 5 Seconds**
Complete 3 Sets **Perform 1 Times a Day**



Prone Cobra

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Repeat 10 Times **Hold 5 Seconds**
Complete 3 Sets **Perform 1 Times a Day**



Prone Lower Trapezius

Lie on belly with arm straight. Lift arm with thumb up overhead, squeezing shoulder blade down.

Repeat 10 Times **Hold 5 Seconds**
Complete 3 Sets **Perform 1 Times a Day**



Prone Middle Trapezius

Lie on belly with arm directly out from side at shoulder level, elbow straight, and thumb up toward ceiling. Lift arm up, squeezing shoulder blade back.

Repeat 10 Times **Hold 5 Seconds**
Complete 3 Sets **Perform 1 Times a Day**



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Prone Rhomboid

Lie on belly with arm directly out from side at shoulder level, elbow straight, and thumb down toward floor. Lift arm up squeezing shoulder blade back.

Repeat 10 Times **Hold 5 Seconds**
Complete 3 Sets **Perform 1 Times a Day**



Supine Elastic Band Horizontal Abduction

Lie on your back holding an elastic band up towards the ceiling. Next, pull your arms apart and towards the floor as shown.

Repeat 10 Times **Perform 1 Times a Day**
Complete 3 Sets



Supine Bilateral ER

Starting on back, with both elbows bent at 90 degrees and by side, top of fists facing the ceiling, pull band apart keeping elbows bent. Return to start position. Repeat.

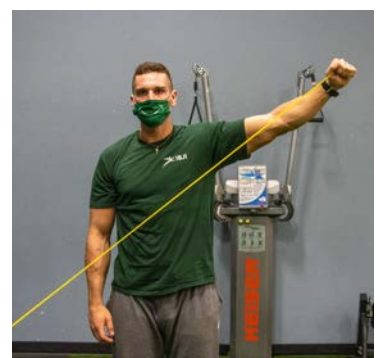
Repeat 10 Times **Perform 1 Times a Day**
Complete 3 Sets



Elastic Band Diagonal Flex - ABD

While holding an elastic band across the lower half of your body, pull the band upwards and outwards your your opposite side. Your hand should start in the thumb-back position and end in the thumb-up position.

Repeat 10 Times **Perform 1 Times a Day**
Complete 3 Sets



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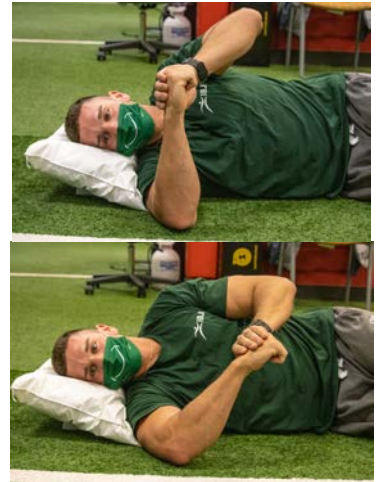
Sidelying Internal Rotation Stretch - IR Sleeper Stretch

Start by lying on your side with the affected arm on the bottom. Your affected arm should be bent at the elbow and forearm pointed upwards towards the ceiling as shown. Next, use your unaffected arm to gently draw your affected forearm towards the table or bed for an inward stretch.

Hold, relax and repeat.

**Repeat 7 Times
Complete 1 Set**

**Hold 10 Seconds
Perform 2 Times a Day**



Forearm Flexor Stretch

Begin with targeted arm outstretched in front of you, palm face down. Pull the fingers towards yourself, pressing the palm away from yourself, and stretching the bottom of the forearm. Release the hand and repeat as prescribed.

**Duration 30 Sec
Complete 3 Sets**

Perform 5 Times a Day



Forearm Extensor Stretch

Begin with targeted arm outstretched in front of you, palm face down. Pull the fingers towards yourself, stretching the top of the forearm. Release the hand and repeat as prescribed.

**Duration 30 Sec
Complete 3 Sets**

Perform 5 Times a Day

