

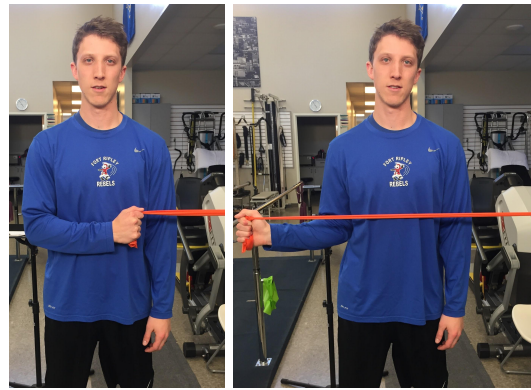


Four-Way Band Rotation

Four-Way Band Rotation: Complete the following exercises 2 sets of 15, 3 days per week in off-season. Complete at least 1 set of 15, 3 days per week in-season. For advanced players progress repetition ranges to 20-30 per set. These exercises can be completed without use of a band as outlined in **Modified Thrower's Ten Program**.

External Rotation in Neutral:

- Stand with arm at side, elbow bent 90 degrees, band anchor on glove side of body
- Starting with hand in towards stomach rotate the hand away from the body, maintaining 90 degrees of elbow bend



Internal Rotation in Neutral

- Stand with arm at side, elbow bent 90 degrees, band anchor on throwing arm side of body
- Starting with hand away from the side, rotate into the stomach while maintaining 90 degrees of elbow bend





External Rotation at 90 degrees Abduction

- Stand facing the band anchor, arm elevated to 90 degrees, elbow bent 90 degrees
- Rotate arm back to bring arm into an "L" position, rotate back forward and repeat



Internal Rotation at 90 degrees Abduction

- Stand facing away from the band anchor, arm elevated to 90 degrees, elbow bent 90 degrees
- Start arm in "L" position and rotate arm forward, slowly return to start position and repeat

