



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. 1-2 times per day

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.

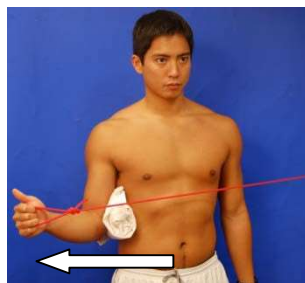
Keep arms straight and elbows in.

Slowly lower the bar over head and hold

Frequency: 3 sets of 60 seconds. 1-2 times per day

Goal: Restore and maintain full shoulder movement.

MAINTAIN STRENGTH



Active: External Rotation at 0°

Fixate theraband at waist level

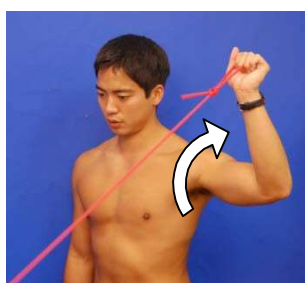
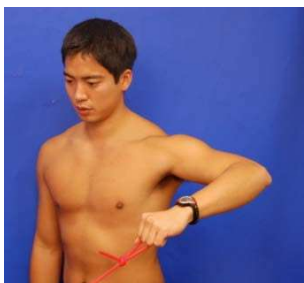
Place rolled up towel or glove between elbow and abs

Keep shoulders rolled back and down

Grasp theraband and with elbow bent, rotate hand away from the body

Frequency: 3 sets 15 reps Three times per week

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

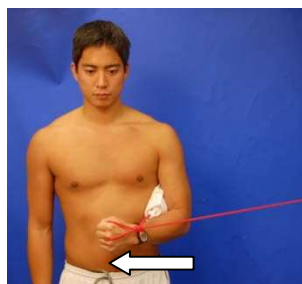
Frequency: 3 sets of 15 reps Three times per week

Goal: Improve shoulder strength/endurance



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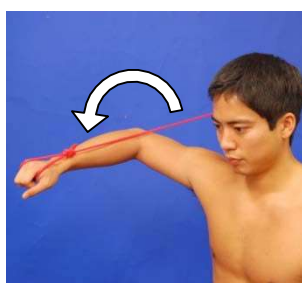
MAINTAIN STRENGTH



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

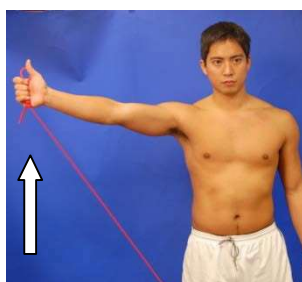
Frequency: 3 sets of 15 reps Three times per week
Goal: Improve shoulder strength/endurance



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 Three times per week
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

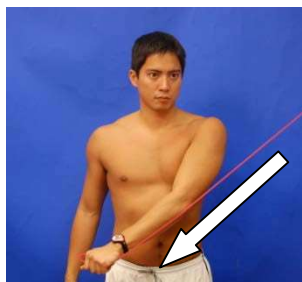
Frequency: 3 sets of 15 reps Three times per week
Goal: Improve shoulder strength/endurance



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 Three times per week
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 Three times per week
Goal: Improve shoulder strength/endurance



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MAINTAIN STRENGTH



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 2,3, and 4 are different exercises
Pic 2: raise 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