

THROWER'S TEN PROGRAM**Thrower's Ten Program****1A: Diagonal pattern D2 extension**

- Use the involved hand to grip the tubing handle overhead and out to the side. Pull the tubing down and across the body to the opposite side of the leg.

1B: Diagonal pattern D2 flexion

- Use the involved hand to grip the tubing with the arm out 45 degrees from the side, with the palm facing backward. Turn the palm forward and flex the elbow while bringing the arm up and over the involved shoulder. Turn the palm down and reverse to take the arm to the starting position.

2A: ER at 0 degrees of abduction

- Stand with the involved elbow fixed at the side with the elbow at 90 degrees and the involved arm across the front of the body (the other end of tubing is fixed). Pull out with the arm, keeping the elbow at the side and return with slow, controlled motion.

2B: IR at 0 degrees of abduction

- Stand with the elbow at the side, fixed at 90 degrees with the shoulder rotated out. Grip the tubing handle (the other end is fixed) and pull the arm across the body, keeping the elbow at the side. Return in a controlled manner.

2C: ER at 90 degrees of abduction

- Stand with the shoulder abducted to 90 degrees and the elbow flexed to 90 degrees. Grip the tubing handle (the other end is fixed straight ahead), and keeping the shoulder abducted, rotate the shoulder back, keeping the elbow at 90 degrees. Perform both slow and fast speed sets.

2D: IR at 90 degrees of abduction

- Start with the shoulder abducted to 90 degrees, and the elbow bent at 90 degrees. Keeping the shoulder abducted, rotate the shoulder forward, keeping the elbow bent at 90 degrees. Perform both slow and fast speed sets.

3: Shoulder abduction at 90 degrees

- Stand with the arm at the side, with the elbow straight and the palm against the side. Raise the arm to the side with the palm down until the arm reaches 90 degrees. Hold the position for 2 seconds and lower the arm slowly.

4: Scaption, IR

- Stand with the elbow straight and the thumb down and raise the arm to shoulder level at a 30-degree angle in front of the body not above shoulder level. Hold the position for 2 seconds and lower the arm.

5: Sidelying ER

- Lie on the uninvolved side with the arm at the side of the body and the elbow bent at 90 degrees. Keeping the elbow of the involved arm fixed to the side, raise the arm. Hold for 2 seconds and lower slowly.

6A: Prone horizontal abduction (neutral)

- Lie on the table, face down, with the involved arm hanging straight to the floor with the palm facing down. Raise the arm out to the side, parallel to the floor. Hold for 2 seconds and lower slowly.

6B: Prone horizontal abduction (full ER, 100 degrees of abduction)

- Lie on the table, face down, with the involved arm hanging straight to the floor with the thumb rotated up (hitchhiker). Raise the arm out to the side lightly in front of the shoulder, parallel to the floor. Hold for 2 seconds and lower slowly.

6C: Prone rowing

- Lie on the stomach, with the involved arm hanging over the side of the table with a dumbbell in hand and the elbow straight. Slowly raise the arm, bending the elbow and bring the dumbbell as high as possible. Hold for 2 seconds and lower slowly.

6D: Prone rowing into ER

- Lie on the stomach, with the involved arm hanging over the side of the table with a dumbbell in hand and the elbow straight. Slowly raise the arm, bending the elbow and bring the dumbbell as high as possible with the arm at 90 degrees of abduction; then rotate the arm up toward the ceiling. Hold for 2 seconds and lower slowly.

7: Press ups

- Seated on a chair, place both hands on sides of the chair or table, palms down and fingers pointed outward with the hands placed equal to the shoulders. Slowly push downward through the hands and elevate the body. Hold the position for 2 seconds and lower slowly.

8: Push ups

- Start in the down position. Place the hands no more than shoulder width apart. Push up as high as possible, rolling the shoulders forward after the elbows are straight. Start with a push-up into wall and then gradually progress to a tabletop and eventually the floor as tolerable.

9A: Elbow flexion

- Standing with the arm against the side and the palm facing inward, bend the elbow upward, turning the palm up while progressing. Hold 2 seconds and lower slowly.

9B: Elbow extension (abduction)

- Raise the involved arm overhead. Provide support at the elbow from the uninvolved hand. Straighten the arm overhead. Hold 2 seconds and lower slowly.

10A: Wrist extension

- Supporting the forearm with the palm facing downward, raise the weight in the hand as far as possible. Hold for 2 seconds and lower slowly.

10B: Wrist flexion

- Supporting the forearm with the palm facing upward, lower the weight in the hand as far as possible and then curl it up as high as possible. Hold for 2 seconds and lower slowly.

10C: Wrist supination

- With the forearm supported on a table and the wrist in neutral position, using a weight or hammer, roll the wrist to a palm up position. Hold for 2 seconds and return to starting position.

10D: Wrist pronation

- The forearm should be supported on the table with the wrist in neutral position. Using a weight or hammer, roll the wrist to a palm-down position. Hold for 2 seconds and return to starting position.

Advanced Thrower's Ten Program

IR and ER Tubing at 0 degrees of abduction seated on a stability ball

- Sit on stability ball with the trunk perpendicular to the floor. Retract and depress the scapula while manual resistance is applied against IR and ER. A towel is placed underneath the affected arm to enhance excitation of the rotator cuff.

Full can seated on a stability ball

- Sit with the trunk in an upright position with the scapulae retracted and depressed. Raise both arms in the scapular plane to 90 degrees of shoulder flexion. Hold for 2 seconds and slowly lower arms. Repeat for 10 repetitions. Next, repeat the exercise with the left arm for 10 repetitions while the right arm remains in the scapular plane at 90 degrees. Switch arms for 10 repetitions. Alternate arm repetitions with the left and right arms for 10 repetitions (30 total repetitions).

Lateral raise to 90 degrees of abduction seated on a stability ball

- Raise both arms to shoulder level in a 90 degree abducted position. Hold for 2 seconds and return the arms to the side. Perform in above stated 3-set fashion.

Sidelying ER

- Performed with a dumbbell in the above stated 3-set fashion. The unaffected arm is placed on a stable with the elbow bent at 90 degrees. ER is performed for 10 repetitions for 10 seconds while preserving a neutral spine.

T-raises prone on a stability ball

- Prone horizontal abduction. Position the body prone with the abdomen resting on a ball and the trunk parallel to the floor. Abduct each arm while maintaining proper positioning on the exercise ball. Perform in above stated 3-set fashion.

Y-raises prone on a stability ball

- Prone horizontal abduction at 105 degrees with full ER. Assume the same position as t-raises. Raise both arms in the scapular plane (creating a "Y" for 10 repetitions while maintaining proper positioning on the ball). Perform in above stated 3-set fashion.

Prone row into ER seated on a stability ball

- Position the body prone with the abdomen resting on a ball and the trunk parallel to the floor. Slowly raise both arms up to the level of the top of the stability ball while bending the elbows. Pause and then externally rotate the shoulders upward until the dumbbells are parallel to the floor with the elbows kept at 90 degrees. Perform in above stated 3-set fashion.

Lower Trapezius 5 series

- Shoulder extension in ER seated on a stability ball
- Shoulder extension at 45 degrees in ER seated on a stability ball
- Standing wall circle slides
- Standing low row
- Standing table press-downs with scapular depression

Bicep curls and triceps extensions seated on a stability ball

- 9A and 9B while seated on a stability ball

Wrist flexion/extension and supination/pronation

- 10A-10D