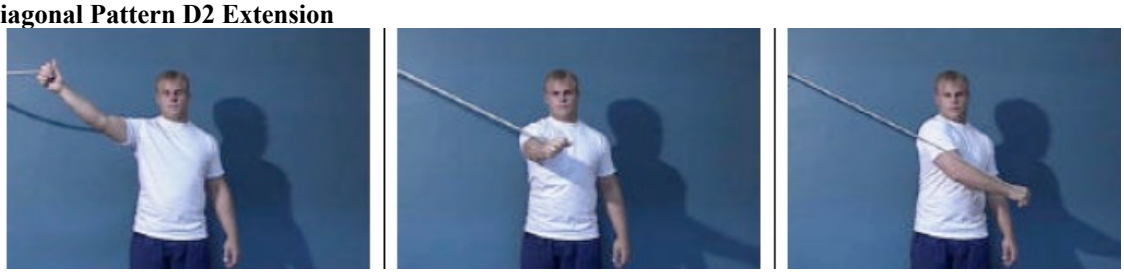
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Throwing Athlete Exercise Program

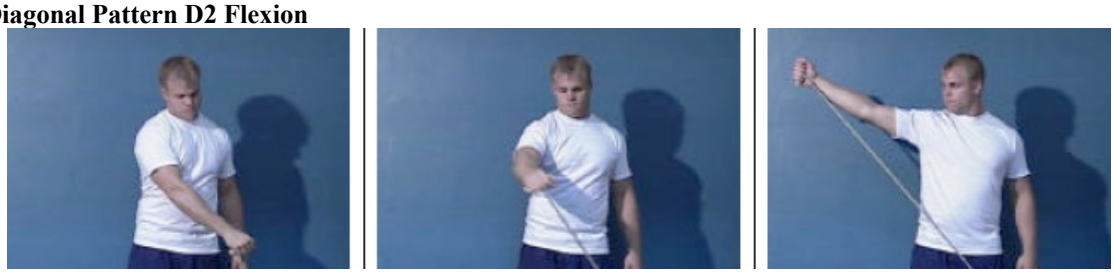
General Principles:
This protocol was designed to exercise the major muscles necessary for throwing. All exercises included are specific to the throwing athlete and are designed to improve strength, power, and endurance of the throwing musculature. The first 12 exercises are specific to the shoulder. The last 7 exercises are specific to the upper arm, forearm, and wrist.

Diagonal Pattern D2 Extension



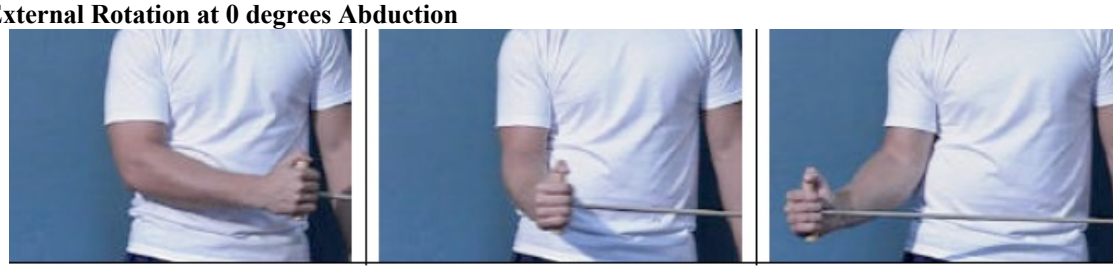
Involved hand will grip tubing handle overhead and out to the side. Pull tubing down and across your body to the opposite side. During the motion, lead with your thumb.
Perform _____ sets of _____ repetitions. _____ times per day.

Diagonal Pattern D2 Flexion



Grip tubing handle in hand of involved arm, begin with arm out from the side 45 degrees and palm facing backward. After turning palm forward, proceed to flex elbow and bring arm up and over uninvolved shoulder. Turn palm down and reverse to take arm to starting position. Exercise should be performed in controlled manner.
Perform _____ sets of _____ repetitions. _____ times per day.

External Rotation at 0 degrees Abduction



Standing with elbow flexed at side, elbow at 90 degrees and arm across front of body. Grip tubing handle while the other end of tubing is fixed. Pull out with arm, keeping elbow at side. Return tubing slowly.
Perform _____ sets of _____ repetitions. _____ times per day.

Internal Rotation at 0 degrees of Abduction



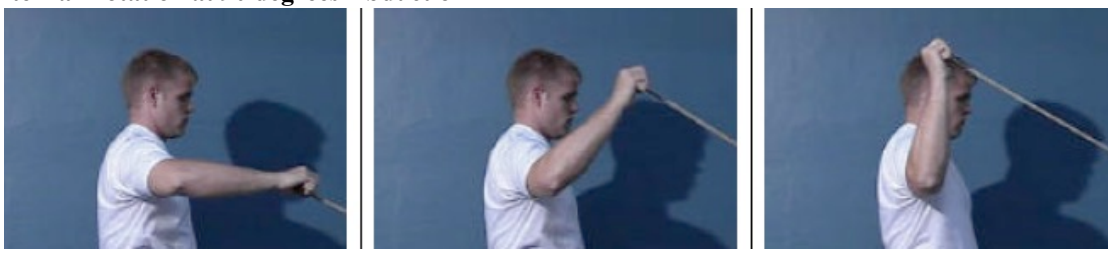
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Throwing Athlete Exercise Program

Standing with elbow at side fixed at 90 degrees and shoulder rotated out. Grip tubing handle while other end of tubing is fixed. Pull arm across body keeping elbow at side. Return tubing slowly and controlled.

Perform _____ sets of _____ repetitions. _____ times per day.

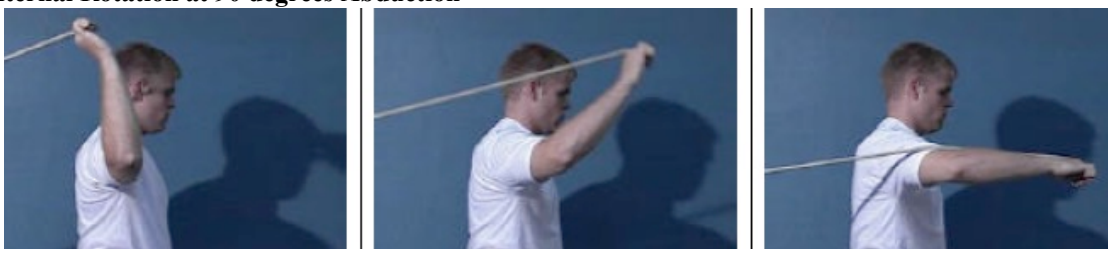
External Rotation at 90 degrees Abduction



Stand with shoulder abducted to 90 degrees and elbow fixed at 90 degrees. Grip tubing handle while the other end is fixed. Keeping shoulder abducted, rotate shoulder back keeping elbow at 90 degrees. Return tubing and hand to start position.

Perform _____ sets of _____ repetitions. _____ times per day.

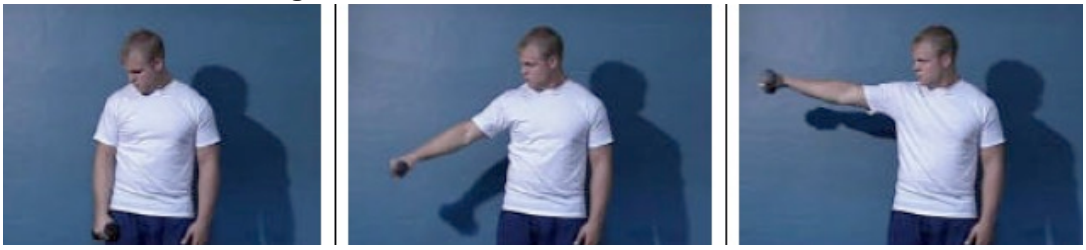
Internal Rotation at 90 degrees Abduction



Stand with shoulder abducted to 90 degrees, externally rotated 90 degrees and elbow bend to 90 degrees. Keeping shoulder abducted, rotate shoulder forward, keeping elbow flexed. Return tubing to start position.

Perform _____ sets of _____ repetitions. _____ times per day.

Shoulder Abduction to 90 degrees



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Throwing Athlete Exercise Program

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

Perform _____ sets of _____ repetitions. _____ times per day.

Shoulder Scaption



Stand with elbow straight and thumb down. Raise arm to shoulder level at 30 degree angle in front of body. Do not go above shoulder height. Hold 2 seconds and lower slowly.

Perform _____ sets of _____ repetitions. _____ times per day.

Prone Horizontal Abduction in Neutral



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

Perform _____ sets of _____ repetitions. _____ times per day.

Prone Horizontal Abduction in Full ER



Lie on table face down, with arm hanging straight to the floor, and thumb rotated up. Raise arm out to the side with arm slightly in front of shoulder, parallel to the floor. Hold 2 seconds and lower slowly.

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Perform _____ sets of _____ repetitions. _____ times per day.

Press Up



Seated on a chair or table, place both hands firmly on the sides of the chair or table, palm down and fingers extended. Hands should be placed equal with shoulders. Slowly push downward through the hands to elevate your body. Hold the elevated position for 2 seconds and lower body down slowly.

Perform _____ sets of _____ repetitions. _____ times per day.

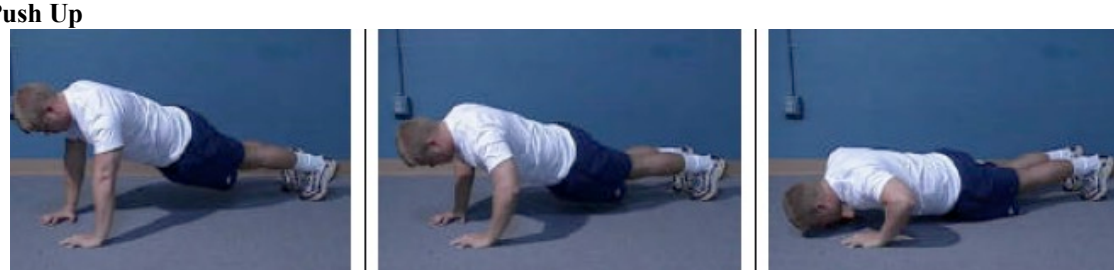
Prone Row



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

Perform _____ sets of _____ repetitions. _____ times per day.

Push Up



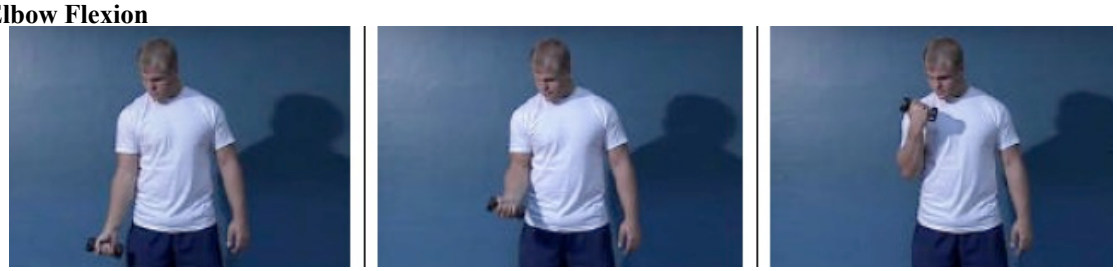
Start in the down position with arms in a comfortable position. Place hands no more than shoulder width apart. Push up as high as possible, rolling shoulders forward after elbows are straight. Start with a push-up into a wall. Gradually progress to tabletop and eventually to floor as tolerated.

Perform _____ sets of _____ repetitions. _____ times per day.

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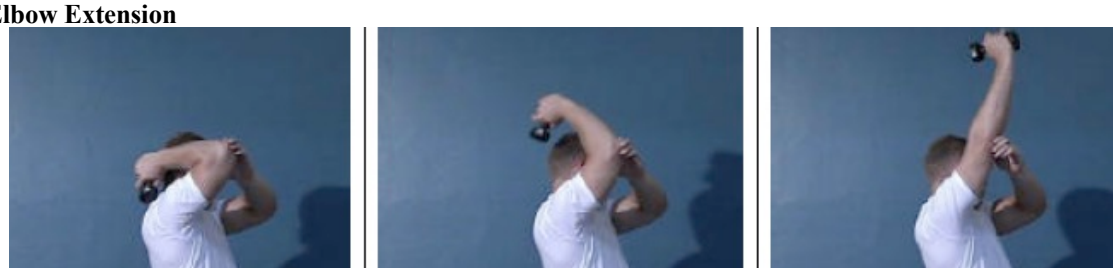
Elbow Flexion



Standing with arm against side and palm facing inward, bend elbow upward turning palm up as you progress. Hold 2 seconds and lower slowly.

Perform _____ sets of _____ repetitions. _____ times per day.

Elbow Extension



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

Perform _____ sets of _____ repetitions. _____ times per day.

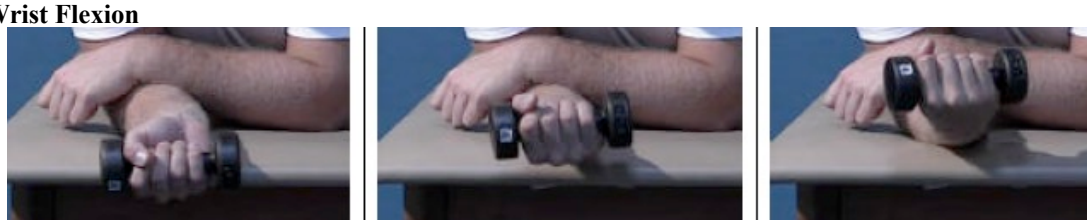
Wrist Extension



Supporting forearm and with palm facing down, raise weight as far as possible, hold 2 seconds, and lower.

Perform _____ sets of _____ repetitions. _____ times per day.

Wrist Flexion



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Throwing Athlete Exercise Program

Supporting forearm and with palm up, lower weight as far as possible, curl it up, hold 2 seconds, and lower.

Perform _____ sets of _____ repetitions. _____ times per day.

Wrist Supination



Supporting forearm on table with wrist in neutral position, use a weight or hammer to roll wrist to the palm up position. Hold for 2 seconds and return to starting position.

Perform _____ sets of _____ repetitions. _____ times per day.

Wrist Pronation



Supporting forearm on table with wrist in neutral position, use a weight or hammer to roll wrist to the palm down position. Hold for 2 seconds and return to starting position.

Perform _____ sets of _____ repetitions. _____ times per day.

Revised 08/2026