

IMG PHYSICAL THERAPY

805 N RICHMOND STREET, SUITE 103, FLEETWOOD, PA 19522
PHONE: 610-944-8140 FAX: 610-944-8190 IMGPT.COM
CHRISTOPHER GORDOS, DPT ERIC PARRISH, MPT

THROWERS TEN EXERCISE PROGRAM

Exercise Program Designed by: James Andrews, MD Orthopedic Surgeon, Alabama Sports Medicine and Orthopedic Center, Birmingham, AL. Medical Director, Tampa Bay Devil Rays Baseball Organization & LPGA. Senior Consultant Washington Redskins.

The Throwers 10 Program is designed to exercise the major muscles necessary for throwing. All exercises included are specific to the thrower and are designed to improve strength, power, and endurance of the shoulder complex musculature.

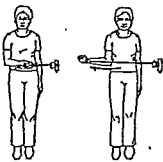
All exercises should be performed slowly, in control, and PAIN-FREE.
Exercises should be done for 2 sets of 15; 3-5 times per week.



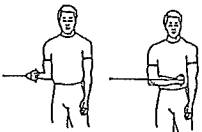
1. Grasp tubing with throwing arm overhead and out to the side.
2. Pull arm downward and across the body toward the opposite leg
3. During the motion lead with your thumb
4. 2 sets of 15 repetitions; 3-5 X's per week



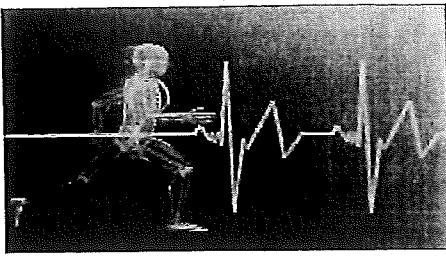
1. Begin with arm resting across lap and palm facing backwards
2. After turning palm forward, proceed to flex elbow and bring arm up and over involved shoulder.
3. Turn palm down and reverse to take arm to starting position
4. 2 sets of 15 repetitions; 3-5 X's per week



1. Grab tubing with involved hand and rotate arm outward
2. Make sure you keep your elbow bent and tucked into your side.
3. Slowly return toward your stomach
4. 2 x 15 repetitions 3-5 times per week



1. Grab tubing with involved hand with with arm at side and elbow bent as shown
2. Rotate arm inward toward body
3. Return slowly to neutral position
4. 2 sets of 15 repetitions; 3-5 X's per week



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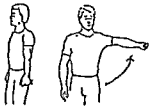
When exercise 4 becomes easy progress to this exercise.

1. Grasp rubber tubing with throwing arm
 2. Hold arm elevated with elbow bent and fist pointing forward as shown
 3. Rotate arm downward from the starting position
 4. Return to starting position
- A. Start with Slow speed Set: (Slow and Controlled)
2 sets of 15 repetitions; 3-5 X's per week
- B. Fast Speed Set (Smaller motion and Quick)
2 sets of 30; 3-5 X's per week

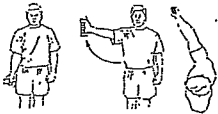


When exercise 3 becomes easy progress to this exercise.

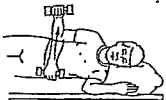
1. Grasp rubber tubing with throwing arm
 2. Hold arm elevated with elbow bent and fist pointing forward as shown
 3. Rotate arm upward from the starting position
 4. Return to starting position
- A. Start with Slow speed Set: (Slow and Controlled)
2 sets of 15 repetitions; 3-5 X's per week
- B. Fast Speed Set (Smaller motion and Quick)
2 sets of 30; 3-5 X's per week



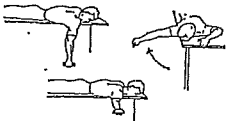
1. Stand with arms at side, elbow straight, and palm against your side
2. Raise arms up with palm down until shoulder level
3. 2 x 15 repetitions 3-5 times per week



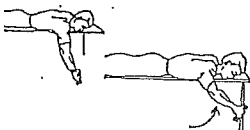
1. Place arm at side with thumb turned up
2. Raise arm upward, to just below shoulder height as shown
3. Make sure the arm is positioned 30 degrees in front of your body as you raise it
4. 2 x 15 repetitions 3-5 times per week



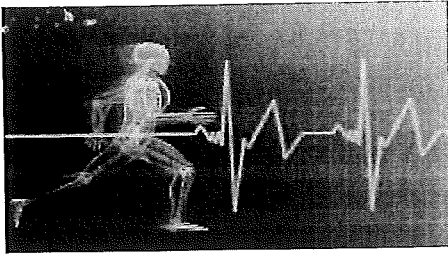
1. Lie on side so that arm holding weight is on top
2. Rotate arm upward, keeping elbow bent at 90 degrees as shown
3. 2 x 15 repetitions 3-5 times per week



1. Lie on belly with arm hanging over edge with palm facing down
2. Raise arm up so that it is level with the edge of the bed
3. 2 x 15 repetitions 3-5 times per week



1. Lie on stomach with throwing arm hanging straight to the floor and with thumb rotated up (hitchhiker)
2. Raise arm out to the side with arm slightly in front of shoulder to even with the table.
3. 2 x 15 repetitions 3-5 times per week



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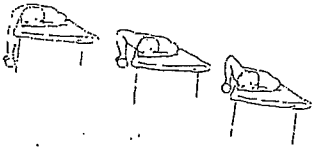
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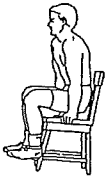
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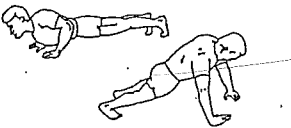
1. Lie on belly with elbow straight.
2. Slowly raise arm, bending elbow, and bring dumbbell as high as possible
3. 2 x 15 repetitions 3-5 times per week



1. Lying on your stomach with your elbow straight.
2. Slowly raise arm, bending elbow, up to the level of the table
3. Keeping elbow bent, rotate arm upward (bring back of hand up toward ceiling)
4. Slowly lower taking 2-3 seconds
5. 2 x 15 repetitions 3-5 times per week



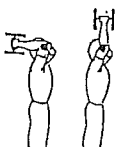
1. Seated on a chair or table, place both hands firmly on the side of the chair or table
 2. Palms down and fingers pointed outward
 3. Hands should be placed equal with shoulders.
 4. Press shoulders downward, while concentrating on holding shoulder blades stable
 5. Elevate your body and hold for 2 seconds.
- 2 x 15 repetitions 3-5 times per week



1. Assume position on floor as shown
 2. Hands should be no more than shoulder width apart.
 3. Push up as high as possible, rolling shoulders forward after elbows are straight.
 4. Start with push-up into wall.
 5. Gradually progress to table top and eventually to floor as tolerable.
- 2 x 15 repetitions 3-5 times per week



1. Stand with arm straight, palm facing forward as shown
 2. Bend elbow as shown
- 2 x 15 repetitions, 3-5 x's week



1. Standing with your arm raised up toward ceiling and elbow bent.
 3. Support the arm with the other hand as shown
 4. Straighten the elbow
- 2 x 15 repetitions 3-5 times per week