

Thrower's Ten Exercise Program

Patient _____

Date _____

Involved side

L

R

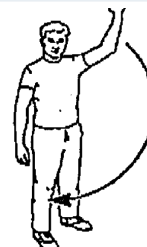
Provider / therapist may write sets and repetitions in the blanks below.

The Thrower's Ten Program is designed to exercise the major muscles necessary for throwing. The Program's goal is to be an organized and concise exercise program. In addition, all exercises included are specific to the thrower and are designed to improve strength, power and endurance of the shoulder complex musculature.

1A. 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 of leg. During the motion, lead with your thumb.

Perform _____ sets of _____ repetitions _____ daily.



1B. Diagonal Pattern D2 Flexion

Gripping tubing handle in hand of involved arm, begin with arm out from side 45° and palm facing backward. After turning palm forward, proceed to flex elbow and bring arm up and over involved shoulder. Turn palm down and reverse to take arm to starting position.

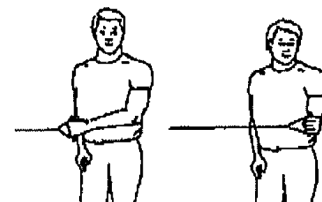
Exercise should be performed _____ sets of _____ repetitions _____ daily.



2A. External Rotation at 0° Abduction

Stand with involved elbow fixed at side, elbow at 90° and involved arm across front of body. Grip tubing handle while the other end of tubing is fixed. Pull out arm, keeping elbow at side. Return tubing slowly and controlled.

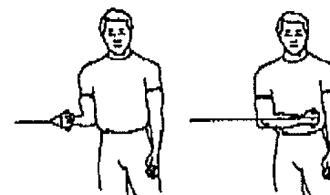
Perform _____ sets of _____ repetitions _____ times daily.



2B. Internal Rotation at 0° Abduction

Standing with elbow at side fixed at 90° 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 daily.



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2C. (Optional) External Rotation at 90° Abduction

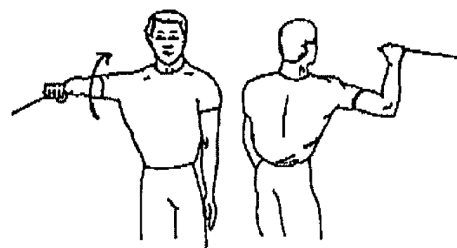
Stand with shoulder abducted 90°. Grip tubing handle while the other end is fixed straight ahead, slightly lower than the shoulder. Keeping shoulder abducted, rotate shoulder back keeping elbow at 90°. Return tubing and hand to start position.

I. Slow Speed Sets: (Slow and Controlled)

Perform _____ sets of _____ repetitions _____ times daily.

II. Fast Speed Sets:

Perform _____ sets of _____ repetitions _____ times daily.



2D. (Optional) Internal Rotation at 90° Abduction

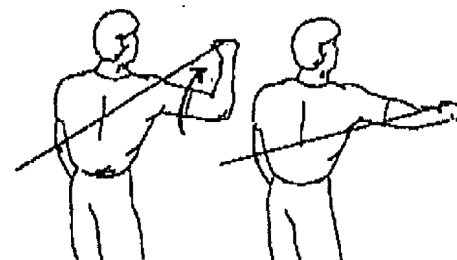
Stand with shoulder abducted to 90°, externally rotated 90° and elbow bent to 90°. Keeping shoulder abducted, rotate shoulder forward, keeping elbow bent at 90°. Return tubing and hand to start position.

I. Slow Speed Sets: (Slow and Controlled)

Perform _____ sets of _____ repetitions _____ times daily.

II. Fast Speed Sets:

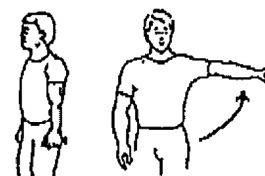
Perform _____ sets of _____ repetitions _____ times daily.



3. Shoulder Abduction to 90°

Stand with arm at side, elbow straight, and palm against side. Raise arm to the side, palm down, until arm reaches 90° (shoulder level).

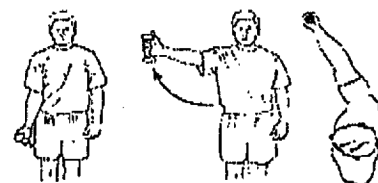
Perform _____ sets of _____ repetitions _____ times daily.



4. Scaption, External Rotation

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

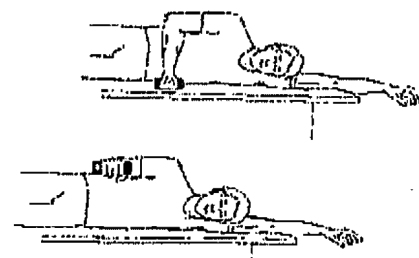
Perform _____ sets of _____ repetitions _____ times daily.



5. Sidelying External Rotation

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

Perform _____ sets of _____ repetitions _____ times daily.

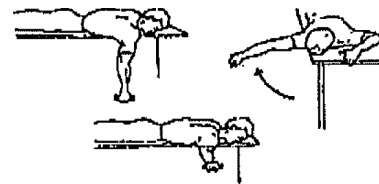


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6A. Prone Horizontal Abduction (Neutral)

Lie on table, face down, with involved 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 daily.



6B. Prone Horizontal Abduction (Full ER, 100° ABD)

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

Perform _____ sets of _____ repetitions _____ times daily.



6C. Prone Rowing

Lying on your 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.

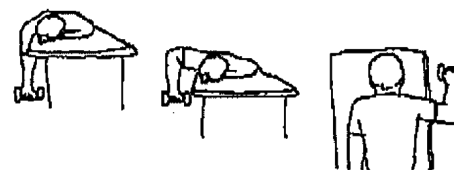
Perform _____ sets of _____ repetitions _____ times daily.



6D. Prone Rowing into External Rotation

Lying on your stomach with your involved arm hanging over the side of the table, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow, up to the level of the table. Pause one second. Then rotate shoulder upward until dumbbell is even with the table, keeping elbow at 90°. Hold at the top for 2 seconds, then slowly lower taking 2–3 seconds.

Perform _____ sets of _____ repetitions _____ times daily.



7. Press-ups

Seated on a chair or table, place both hands firmly on the sides of the chair or table, palm down and fingers pointed outward. 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 slowly.

Perform _____ sets of _____ repetitions _____ times daily.

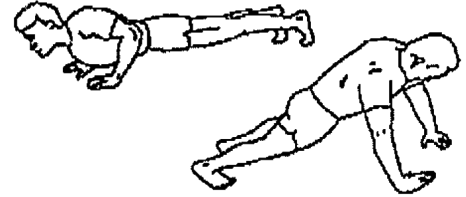


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8. Push-ups

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 wall. Gradually progress to table top and eventually to floor as tolerable.

Perform _____ sets of _____ repetitions _____ times daily.



9A. 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.

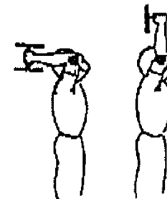
Perform _____ sets of _____ repetitions _____ times daily.



9B. Elbow Extension (Abduction)

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 daily.



10A. Wrist Extension

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

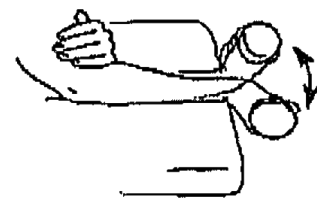
Perform _____ sets of _____ repetitions _____ times daily.



10B. Wrist Flexion

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

Perform _____ sets of _____ repetitions _____ times daily.



Notes for the patient

- Use light resistance tubing or a light dumbbell unless your therapist has prescribed a specific weight.
- Move slowly and with control except on the optional fast-speed sets (2C and 2D).
- Do not work through sharp pain. Mild muscle fatigue is expected.