

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.

What you will need:

- 2 pound dumbbell
- Chair
- Table to support your body
- 1 Light Resistance Band Tube (can be purchased at a sporting goods store for less than \$10)
- 1 Towel

In Season:

For each exercise perform 1 set of 10 repetitions 1-2 days/week

Out of season:

For each exercise perform 2 sets of 10 repetitions 2-3 days/week

When performing exercises, you should not experience pain during or after the exercise. If you do, seek medical evaluation.



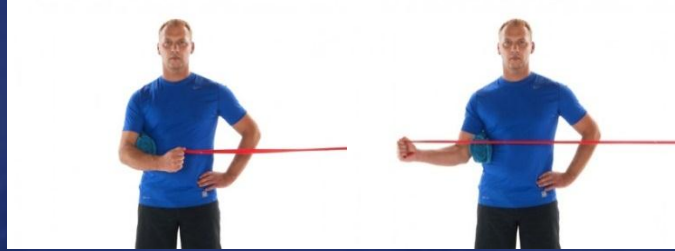
1a. Diagonal Pattern Extension:

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.



1b. Diagonal Pattern 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.



2a. External Rotation at Waist:

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.



2b. Internal Rotation at Waist:

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.



3a. (Optional) External Rotation at Shoulder Level:

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.

3b. (Optional) Internal Rotation at Shoulder Level:

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.



4. Shoulder Abduction to shoulder level:

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



5. (Scaption) Scapular Plane Raises:

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.



6. 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.



7a. 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.



7b. 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.



7c. 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.



7d. 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.



8. 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.



9. 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.



10a. Elbow Flexion (Bicep Curl):

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



10b. Elbow Extension (Tricep Press):

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



11a. Wrist Extension:

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

11b. 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



12a. Wrist Supination:

Forearm supported on table with wrist in neutral position. Using a weight or hammer, roll wrist taking palm up. Hold for a 2 count and return to starting position.

12b. Wrist Pronation:

Forearm should be supported on a table with wrist in neutral position. Using a weight or hammer, roll wrist taking palm down. Hold for a 2 count and return to starting position.

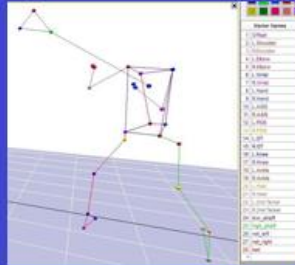
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Sport Motion Analysis



Body Composition, BODPOD



Running Clinic



Nutrition & Exercise Consults

References:

- Wilk KE, Meister K, Andrews JR. Current concepts in the rehabilitation of the overhead throwing athlete. *Am J Sports Med.* 2002 Jan-Feb;30(1):136-51.
- The advanced throwers ten exercise program: a new exercise series for enhanced dynamic shoulder control in the overhead throwing athlete *Phys Sportsmed.* 2011 Nov;39(4):90-7.
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Handout created by JL Zaremski 2015.