



The University of Nebraska
Athletic Training & Sports Medicine
Coliseum Training Room

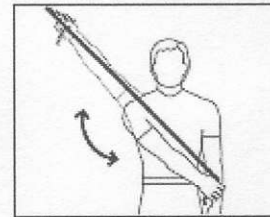


“Throwers Ten Program”

The “Throwers Ten Program” (actually more like 19) is designed to exercise the major muscles necessary for throwing or the throwing motion. The program’s goal is to be an organized and concise exercise program. All the exercises are specific to the throwing motion and are designed to improve strength, power and endurance of the shoulder complex. This program accentuates the posterior scapular stabilizers, the muscles responsible for shoulder stability, a strong foundation. Without a strong, solid foundation, any other exercises are bound to fail. We explain it as analogy; weak foundation, the building falls over. Weak stabilizers, the shoulder breaks down.

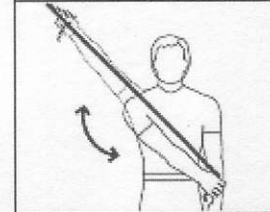
1. DIAGONAL PATTERN D2 EXTENSION

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 ____ times daily



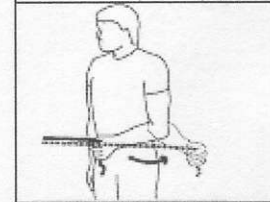
2. DIAGONAL PATTERN D2 FLEXION

Gripping tubing handle in hand of involved arm, begin with arm out from 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 daily



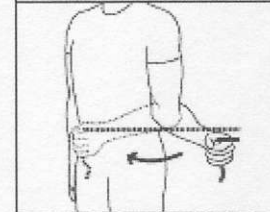
3. EXTERNAL ROTATION AT 0 DEGREES ABDUCTION

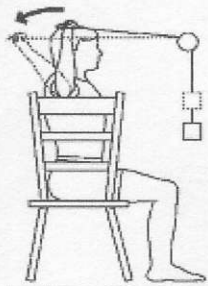
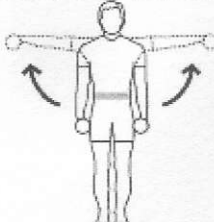

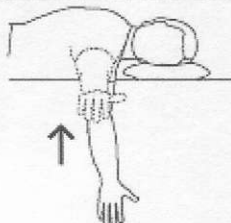
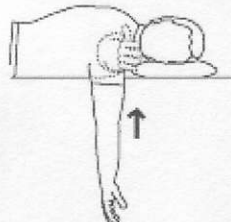
Standing with involved elbow fixed at side, elbow at 90 degrees and involved arm across front of body. Grip tubing handle while the other end of tubing is fixed. Pull out with arm, keeping elbow at side. Return tubing slowly and controlled. Perform ____ sets of ____ repetitions ____ times daily

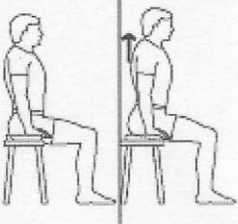
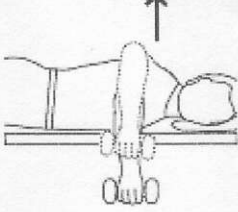
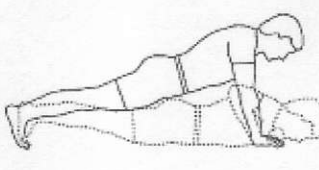


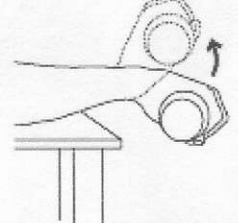
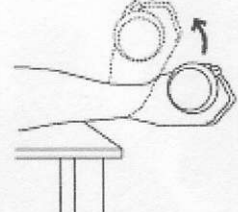


4. INTERNAL ROTATION AT 0 DEGREES ABDUCTION

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 daily

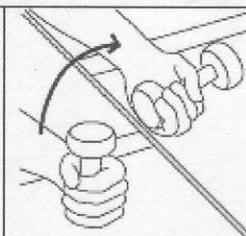


<p>5. EXTERNAL ROTATION AT 90 DEGREES ABDUCTION Stand/sit with shoulder abducted 90 degrees and elbow flexed 90 degrees. Grip tubing handle while the other end is fixed straight ahead, slightly lower than the shoulder. Keeping shoulder abducted, rotate shoulder back keeping elbow at 90 degrees. Return tubing and hand to start position.</p> <p>Slow speed sets (slow controlled): Perform ____ sets of ____ repetitions ____ times daily Fast speed sets: Perform ____ sets of ____ repetitions/seconds ____ times daily</p>	
<p>6. INTERNAL ROTATION AT 90 DEGREES ABDUCTION Stand/sit with shoulder abducted to 90 degrees, externally rotated 90 degrees and elbow bent to 90 degrees. Keeping shoulder abducted, rotate shoulder forward, keeping elbow bent at 90 degrees. Return tubing and hand to start position</p> <p>Slow speed sets (slow controlled): Perform ____ sets of ____ repetitions ____ times daily Fast speed sets: Perform ____ sets of ____ repetitions/seconds ____ times daily</p>	<p>As above, but turn around so weight/resistance is now behind you</p>
<p>7. SHOULDER ABDUCTION AT 90 DEGREES Stand with arm at side, elbow straight, and palm against side. Raise arm to side, palm down, until arm reaches 90 degrees (shoulder level). Hold 2 seconds and lower slowly. Perform ____ sets of ____ repetitions ____ times daily</p>	
<p>8. SCAPTION, INTERNAL ROTATION Stand with elbow straight and thumb down. Raise arm to shoulder level at 30 degrees angle in front of body. Do not go above shoulder height. Hold 2 seconds and lower slowly. Perform ____ sets of ____ repetitions ____ times daily. If not able to perform without pain, try thumb up</p>	
<p>9. 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</p>	
<p>10. PRONE HORIZONTAL ABDUCTION (Full ER, 100 degrees 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 shoulder, parallel to the floor. Hold 2 seconds and lower slowly. Perform ____ sets of ____ repetitions ____ times daily</p>	

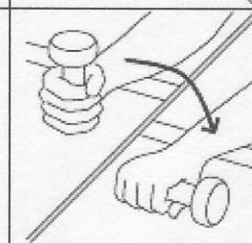
<p>11. PRESS-UPS Seated on a chair or on a table, place both hands firmly on the sides of the chair or table, palm down and fingers pointed outward. Hands should be placed equal with shoulders. Slowly push downward through the hands to elevate your body. Hold the elevated position for 2 seconds and lower body slowly. Perform ____ sets of ____ repetitions ____ times daily</p>	
<p>12. 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</p>	
<p>13. 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</p>	
<p>14. 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</p>	
<p>15. 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 daily</p>	
<p>16. 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</p>	
<p>17. 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</p>	

18. 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. . Perform ____ sets of ____ repetitions ____ times daily

**19. 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. . Perform ____ sets of ____ repetitions ____ times daily



send an e-mail to Tom

