

# Thrower's Ten exercise program

## In standing

### 1A. Diagonal pattern D2 extension:

1. Hold the therapy tubing with your hand, overhead and out to the same side of the body as the hand holding the tube.
2. Keep your elbow straight.
3. Lead with your thumb.
4. Pull your arm down and across your body to the outside of the opposite leg.

Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily



### 1B. Diagonal pattern D2 flexion:

1. Start with arm across body and palm facing backward.
2. Hold the therapy tubing with your hand.
3. Lead with your thumb over your shoulder.
4. Turn palm forward.

Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily



### 2A. External rotation at 15 degrees abduction:

1. Start with elbow bent to 90 degrees.
2. Keep small towel roll pressed between elbow and side.
3. Place forearm across the front of body.
4. Grab the therapy tubing with your hand and pull arm out.
5. Keep elbow pressed against your side.

Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily

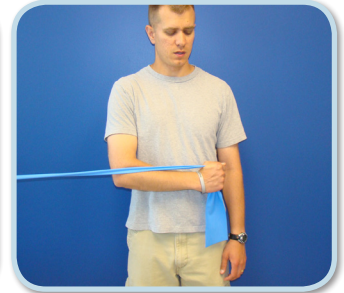


# Thrower's Ten exercise program

## 2B. Internal rotation at 45 degrees abduction:

1. Start with the elbow bent.
2. Hold therapy tubing in hand with thumb up.
3. Pull forearm across body.
4. Keep your elbow against your side.

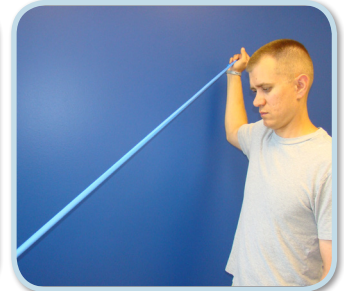
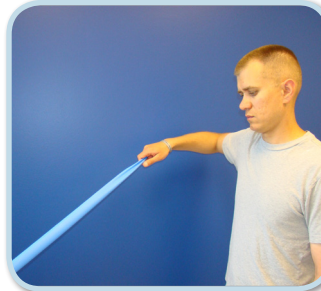
Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily



## 2C. External rotation at 90 degrees abduction:

1. Start with shoulder out to the side at 90 degrees.
2. Elbow bent at 90 degrees with palm down.
3. Grab therapy tubing in hand.
4. Keep shoulder out and elbow bent. Rotate shoulder backward ending with palm of hand facing forward.

Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily



## 2D. Internal rotation at 90 degrees abduction:

1. Start with shoulder out to the side at 90 degrees.
2. Keep elbow bent at 90 degrees with palm forward.
3. Grab therapy tubing in hand.
4. Keep shoulder out and elbow bent.
5. Rotate shoulder forward.
6. Ending with palm down.

Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily



# Thrower's Ten exercise program

## 3. Shoulder abduction to 90 degrees:

1. Start with your arm straight at your side and palm facing your leg.
2. Hold the weight or therapy tubing with your hand.
3. Pull your arm away from your body.
4. Keep arm straight with palm forward toward ground until you are at shoulder level.



Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily

## 4. Scaption with external rotation:

1. Start with arm at side; elbow straight and thumb forward.
2. Turn thumb slightly outward.
3. Raise arm at a diagonal from body.
4. Raise arm to shoulder level while keeping elbow straight.
5. Slowly lower arm to starting position.



Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily

## On table or raised mat

## 5. Side-lying external rotation:

1. Lie on side with your arm resting at your side.
2. Keep elbow bent at 90 degrees.
3. Rest hand on mat.
4. Hold the weight in your hand.
5. Keep elbow pressed into your side.
6. Raise forearm to height that is even with your body.



Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily

# Thrower's Ten exercise program

## 6A. Prone horizontal abduction:

1. Lie on stomach with arm hanging off table and palm toward table.
2. Raise straight arm with palm down to shoulder level.
3. Hold and then lower arm slowly to start position.

Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily



## 6B. Prone horizontal abduction (full ER, 100 degrees ABD):

1. Lie on stomach with arm hanging off mat and arm straight.
2. Thumb should be pointing out.
3. Slowly raise straight arm slightly in front of shoulder.
4. Thumb should be pointing up.

Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily



## 6C. Prone rowing:

1. Lie on stomach with arm hanging straight down.
2. Hold weight in hand.
3. Start raising arm with elbow bent.
4. Keep elbow close to table.
5. Bring weight up as high as you can without raising chest off table.
6. Hold and slowly lower arm to starting position.

Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily



# Thrower's Ten exercise program

## 6D. Prone rowing into external rotation:

1. Lie on stomach with arm hanging off the mat with elbow straight.
2. Hold weight in hand. Raise arm up.
3. Bend elbow to 90 degrees.
4. Elbow pointing away from body.
5. Keep elbow bent at 90 degrees.
6. Rotate shoulder upward.
7. Bring weight to height of table. Palm down.
8. Return slowly to starting position.



Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily

## Seated position

### 7. Press-ups:

1. Sit on chair or table with hands at side.
2. Place hands in line with shoulder on edge of chair or table.
3. Palms down and fingers pointing outward.
4. Push weight into hand.
5. Lift your body upward and off of chair or table.
6. Return slowly to start position.



Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily

## Lying down

### 8. Push-ups:

1. Lie on stomach on a table or mat. Place hands on floor no farther than shoulder width apart.
2. Place your weight in both hands and feet.
3. Raise body off of floor. Keep body straight.
4. Straighten your elbows as much as possible;  
can do a push-up plus (push back up through shoulders).
5. If unable to perform exercise from the floor position  
start with wall push-ups and gradually progress to  
lower surface (table top) then to the floor.



Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily

# Thrower's Ten exercise program

## In standing

### 9A. Elbow flexion:

1. Stand with arms at your side.
2. Keep palm forward.
3. Hold weight in hand.
4. Keep arm against body.
5. Bend elbow raising weight up toward shoulder.
6. Keep palm backward.
7. Slowly lower to starting position.

Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily



### 9B. Elbow extension (abduction):

1. Start with arm overhead.
2. Keep elbow bent with weight in hand.
3. Give support to the involved arm at the elbow by uninvolved hand, if needed.
4. Straighten elbow.
5. Lift weight overhead.
6. Slowly lower to start position.

Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily



## Seated position at table top

### 10A. Wrist extension:

1. Keep forearm supported on table.
2. Keep hand hanging over the edge.
3. Keep palm down.
4. Hold the weight in hand and raise hand.
5. Bend wrist as far up as possible.
6. Return to starting position.

Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily



# Thrower's Ten exercise program

## 10B. Wrist flexion:

1. Keep forearm supported on table.
2. Keep hand hanging over the edge.
3. Keep palm up.
4. Hold the weight in hand.
5. Raise hand up.
6. Bend wrist as far up as possible.
7. Return to starting position.

Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily



## 10C. Supination:

1. Keep forearm supported on table.
2. Keep wrist in neutral position.
3. Keep thumb up.
4. Hold weight in hand.
5. Slowly turn wrist until palm is facing up.

Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily



## 10D. Pronation:

1. Keep forearm supported on table.
2. Keep wrist in neutral position.
3. Keep thumb up.
4. Hold weight in hand.
5. Slowly turn wrist until palm is facing down.

Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions \_\_\_\_\_ daily

