

Advanced Thrower's Ten Program

1A. External Rotation at 0° Abduction: Seated on stability ball with elbow at side fixed at 90° and involved arm across front of body. Grip tubing and pull out arm, while keeping elbow at side. Return tubing slowly and controlled. Perform ___ sets of ___ repetitions ___ times daily.

1B. Internal Rotation at 0° Abduction: Seated on stability ball with elbow at side fixed to 90° and shoulder rotated out. Grip tubing and pull arm across body keeping elbow at side. Return tubing slowly and controlled. Perform ___ sets of ___ repetitions ___ times daily.

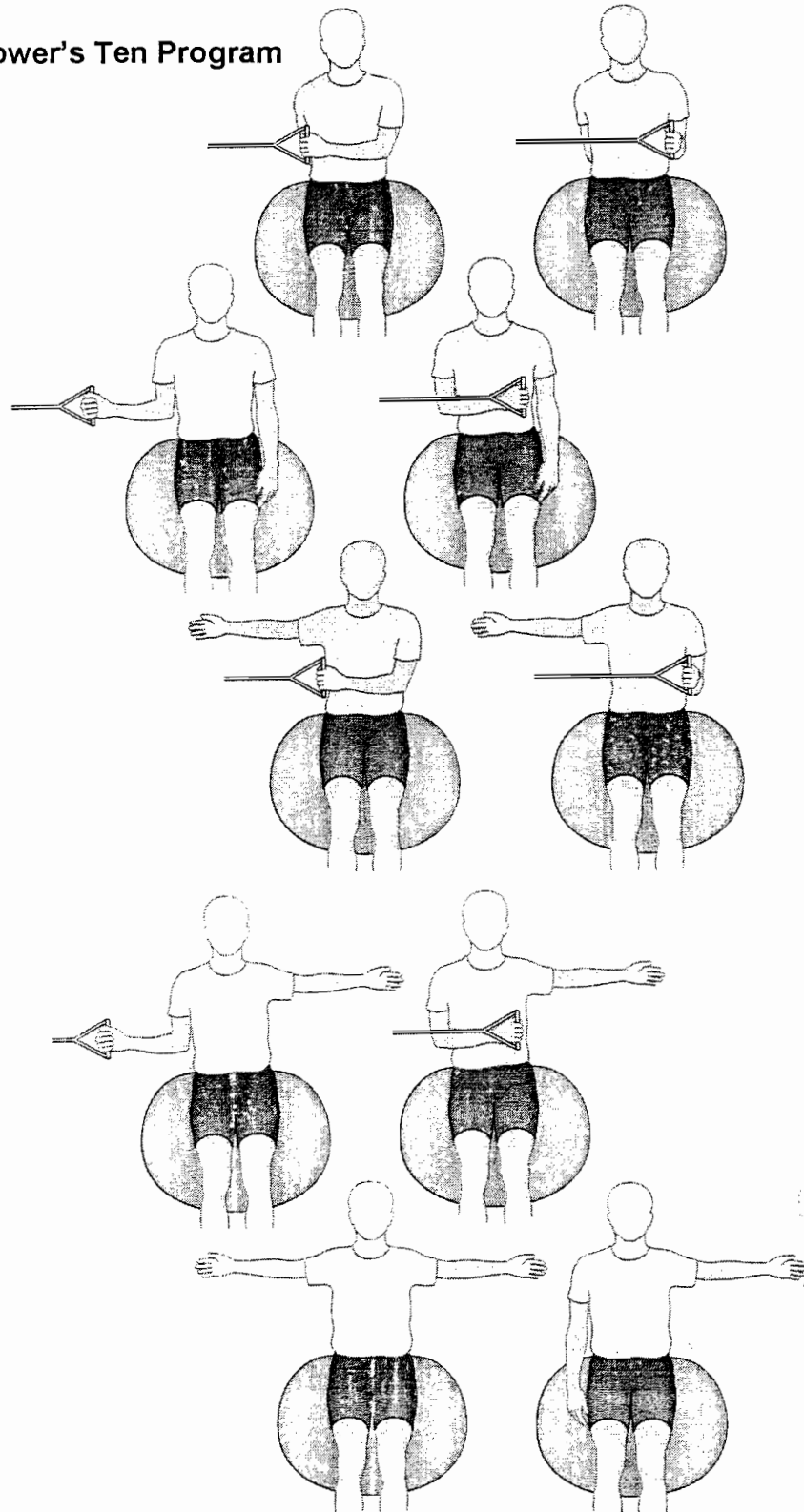
2A. External Rotation at 0° Abduction with sustained hold: Seated on stability ball with elbow at side fixed at 90° and involved arm across front of body. With uninvolved arm at side, elbow straight, and palm against side. Raise uninvolved arm to the side, palm down, until arm reaches 90° (shoulder level). Sustain uninvolved arm position while involved arm grips tubing and pulls out keeping elbow at side. Return tubing slowly and controlled. Perform ___ sets of ___ repetitions ___ times daily.

2B. Internal Rotation at 0° Abduction with sustained hold: Seated on stability ball with elbow at side fixed at 90° and shoulder rotated out. With uninvolved arm at side, elbow straight, and palm against side. Raise uninvolved arm to the side, palm down, until arm reaches 90° (shoulder level). Sustained uninvolved arm position while involved arms grips tubing and pulls arm across body keeping elbow at side. Return tubing slowly and controlled. Perform ___ sets of ___ repetitions ___ times daily.

3. Shoulder Abduction to 90° with sustained hold:

First Set: Seated on ball with both arms at side, elbows straight, and palms against sides. Raise both arms to the side, palm down, until both arms reach 90° (shoulder level).

Second Set: Seated on ball with both arms at side, elbows straight, and palms against



sides. Raise both arms to the side, palm down, until both arms reach 90°. Return involved arm to side and repeat motion while uninvolved arm sustains position for duration of the set. Repeat for uninvolved side with sustained hold of involved side.

Third Set: Seated on ball with both arms at side, elbows straight, and palms against sides. Raise both arms to the side, until both arms reach 90°. Alternate returning each arm to side while opposite arm sustains its position at shoulder level.

Perform ____ sets of ____ repetitions ____ times daily.

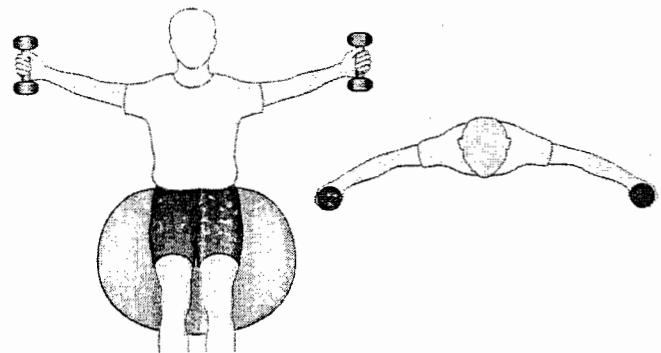
4. Scaption, External Rotation "Full can":

First Set: Seated on ball with both arms at side, elbow straight and thumb up. Raise both arms to shoulder level at 30° angle in front of body. Do not go above shoulder height. Hold for 2 seconds and lower slowly.

Second Set: Seated on ball with both arms at side, elbow straight and thumb up. Raise both arms to shoulder level at 30° angle in front of body. Return involved arm to side and repeat motion while uninvolved arm sustains position for duration of set. Repeat for uninvolved side with sustained hold of involved arm.

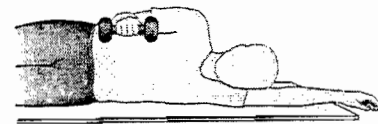
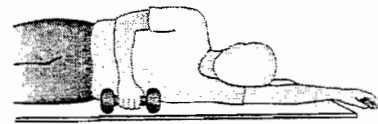
Third Set: Seated on ball with both arms at side, elbow straight and thumb up. Raise both arms to shoulder level at 30° angle in front of body. Alternate returning each arm to side while opposite arm sustains its position at shoulder level.

Perform ____ sets of ____ repetitions ____ times daily.



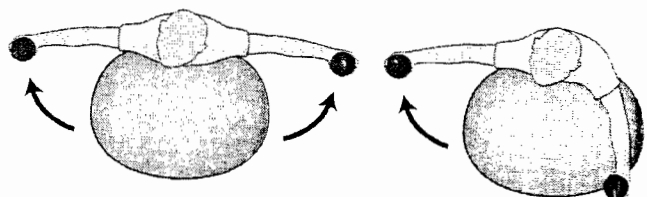
5. Sidelying External Rotation: Lie on uninvolved side, with involved arm at side of body and elbow bent to 90°. Keeping the elbow of involved arm fixed to side, raise arm with dumbbell in hand. Hold for 2 seconds and lower back to starting position.

Perform ____ sets of ____ repetitions ____ times daily.



6A. Prone Horizontal Abduction:

First Set: Lie prone on Stability Ball, face down, with both arms hanging straight to floor and palms facing down. Raise both arms out to the side, parallel to the floor, hold for 2 seconds then lower slowly back to starting position.



Second Set: Lie prone on Stability Ball, face down, with both arms hanging straight to floor and palms facing down. Raise both arms out to the side, parallel to the floor. Return involved arm to starting position and repeat motion while uninvolved arm sustains hold parallel to floor for duration of set. Repeat for uninvolved arm.

Third Set: Lie prone on Stability Ball, face down, with both arms hanging straight to floor and palms facing down. Raise both arms out to the side, parallel to the floor. Alternate returning each arm to starting position while opposite arm sustains hold position. Perform ____ sets of ____ repetitions ____ times daily.

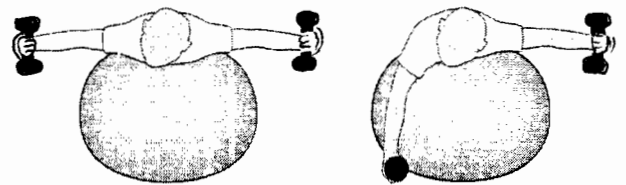
6B. Prone Horizontal Abduction, (Full ER, 100° ABD):

First Set: Lie on Stability Ball face down, with both arms hanging straight to floor, and thumbs rotated up (hitchhiker). Raise arms out to side with arms slightly in front of shoulders, parallel to the floor. Hold 2 seconds at top and lower slowly.

Second Set: Lie on Stability Ball, face down, with both arms hanging straight to floor, and thumbs rotated up (hitchhiker). Raise arms out to side with arms slightly in front of shoulders, parallel to the floor. Return involved arm to starting position and repeat motion, while uninvolved arm sustains position parallel to floor. Repeat for uninvolved arm.

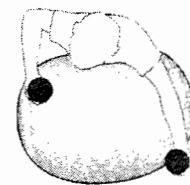
Third Set: Lie on Stability Ball, face down, with both arms hanging straight to floor, and thumbs rotated up (hitchhiker). Raise arms out to side with arms slightly in front of shoulders, parallel to the floor. Alternate returning each arm to starting position while opposite arm sustains hold position.

Perform ____ sets of ____ repetitions ____ times daily.



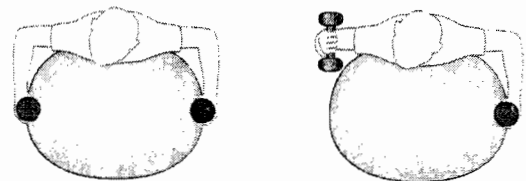
6C. Prone Row: Lie on Stability Ball face down, with both arms hanging to floor, dumbbells in hand, and elbows straight. Slowly raise each arm, bending elbows, bringing dumbbells as high as possible.

Perform ____ sets of ____ repetitions ____ times daily.



6D. Prone Row into External Rotation:

First Set: Lying on Stability Ball face with both arms hanging to floor, dumbbells in each hand and elbows straight. Slowly raise both arms, bending elbows, up to the level of the top



of the Stability Ball. Pause one second, then rotate shoulders upward until dumbbells are parallel to floor, keeping elbow at 90°. Hold at top for 2 second then slowly return back to starting position.

Second Set: Lying on Stability Ball face with both arms hanging to floor, dumbbells in each hand and elbows straight. Slowly raise both arms, bending elbows, up to the level of the top of the Stability Ball. Pause one second, then rotate shoulders upward until dumbbells are parallel to floor, keeping elbow at 90°. Return involved arm to starting position and repeat motion while opposite arm sustains position at the top. Repeat for uninvolved arm.

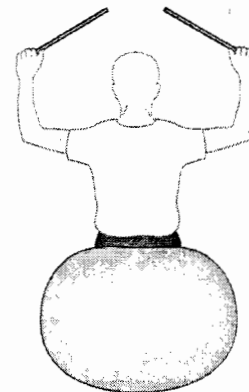
Third Set: Lying on Stability Ball face with both arms hanging to floor, dumbbells in each hand and elbows straight. Slowly raise both arms, bending elbows, up to the level of the top of the Stability Ball. Pause one second, then rotate shoulders upward until dumbbells are parallel to floor, keeping elbow at 90°. Alternate returning each arm to starting position while opposite arm sustains hold position. Perform ____ sets of ____ repetitions ____ times daily.

7A. Seated Scapular retraction into ER:

First Set: Seated on Stability Ball, with both arms straight ahead, grasping tubing. Keeping arms at shoulder height bend elbows and pull tubing towards the body until elbows are at shoulder level and directly out to both sides (90° Abduction). Hold for a second then rotate shoulder upward until arm is at 90° of ER and Abduction. Hold at top for 2 seconds then return slowly to starting position.

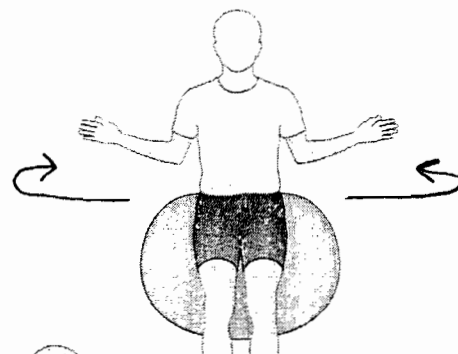
Second Set: Seated on Stability Ball, with both arms straight ahead, grasping tubing. Keeping arms at shoulder height bend elbows and pull tubing towards the body until elbows are at shoulder level and directly out to both sides (90° Abduction). Hold for a second then rotate shoulder upward until arm is at 90° of ER and Abduction. Return involved arm to starting position while uninvolved arm holds position at top. Repeat for uninvolved arm.

Third Set: Seated on Stability Ball, with both arms straight ahead, grasping tubing. Keeping arms at shoulder height bend elbows and pull tubing towards the body until elbows are at shoulder level and directly out to both sides (90° Abduction). Hold for a second then rotate shoulder upward until arm is at 90° of ER and Abduction. Alternate returning each arm to

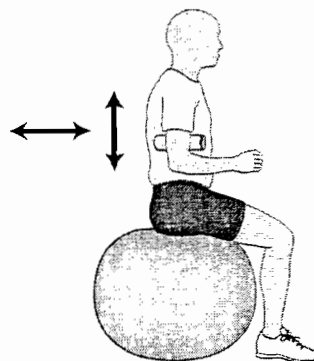


starting position while opposite arm sustains hold position at top.
 Perform ___ sets of ___ repetitions ___ times daily.

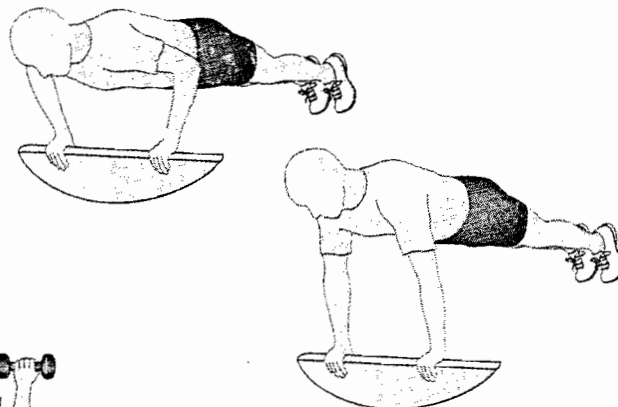
7B. Seated Low Trap: Seated on Stability Ball, with both arms fixed at side and elbows bent to 90°, thumbs facing upwards. Grasp tubing with both hands and rotate both shoulders outward (External Rotation), rotating thumbs until parallel with floor. Hold for 2 seconds then return to starting position.
 Perform ___ sets of ___ repetitions ___ times daily.



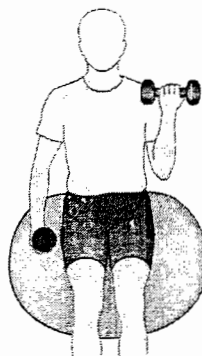
7C. Seated Neuromuscular Control: Seated on Stability Ball with involved arm at side, towel roll under involved side, elbow flexed to 90°. Resistance is applied to top of shoulder as shoulder is shrugged up against resistance. Resistance is then applied to bottom of towel roll as shoulder moves downward against resistance. Resistance is next applied to front of shoulder as shoulder moves forward against resistance. Apply resistance to back of shoulder as shoulder moves back against resistance and scapulas are pinched together.
 Perform ___ sets of ___ repetitions ___ times daily.



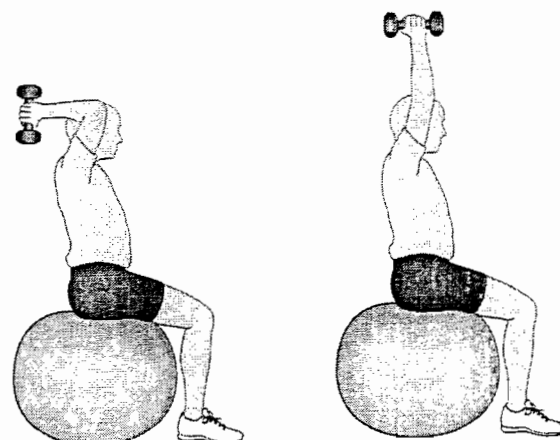
8. Tilt-board Push-Ups: Start in down position with arms in comfortable position, both hands no more than shoulder width apart, on tilt-board. Keeping body in straight line, push up as high possible, rolling shoulders forward after elbows are straight. Return slowly to starting position.
 Perform ___ sets of ___ repetitions ___ times daily.



9A. Elbow Flexion (Bicep Curl): Seated on Stability Ball with both arms facing inward, bend elbow upward turning palm up as you progress. Hold for 2 seconds at top and lower slowly.
 Perform ___ sets of ___ repetitions ___ times daily.

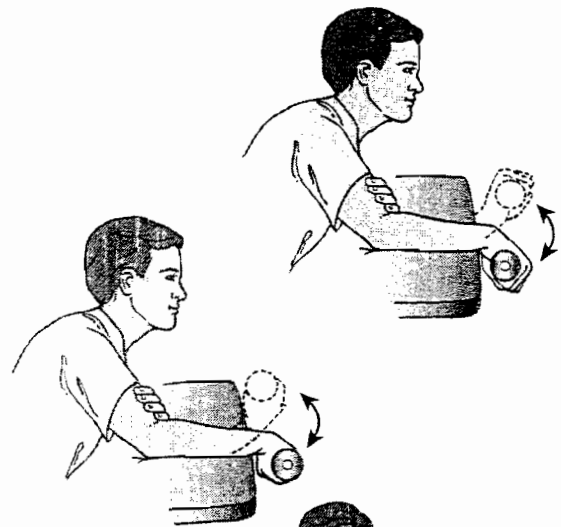


9B. Elbow Extension (Triceps): Seated on Stability Ball, raise involved arm overhead. Provide support at elbow from uninvolved hand. Straighten arm overhead. Hold for 2 seconds and lower slowly. Repeat for uninvolved arm.
 Perform ___ sets of ___ repetitions ___ times daily.



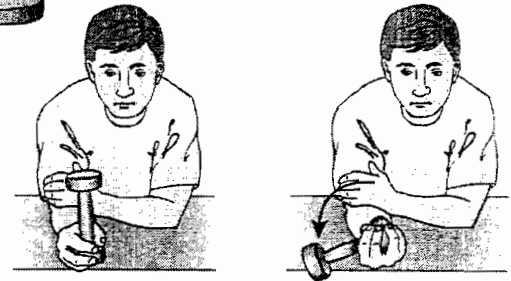
10A. Wrist Extension: Supporting the forearm and with palm facing downward, raise weight in hand as far as possible. Hold for 2 seconds and lower slowly.

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.



10C. Wrist Supination: Forearm supported on table with wrist in neutral position. Using a weight, roll wrist taking the palm upward. Hold for 2 seconds and return to starting position.

Perform ____ sets of ____ repetitions ____ times daily.

10D. Wrist Pronation: Forearm supported on table with wrist in neutral position. Using a weight, roll wrist taking palm downward. Hold for 2 seconds and return to starting position.

Perform ____ sets of ____ repetitions ____ times daily

