

The **Thrower's Ten** exercise program enhances strength, power, and endurance of the major muscles involved in throwing. It is a simple exercise program that requires basic equipment and can be completed by any thrower of any level. By improving muscle performance throughout the arm, a thrower's risk of injury can be reduced. The **Spaulding North Shore Sports Medicine Team** recommends this exercise program for all overhead athletes.

What you need:

- 1 light hand weight (2 to 3 pounds)
- 1 light resistance band
- 1 towel
- Chair

PERFORM 3 SETS OF 10 REPETITIONS OF EACH EXERCISE

Off-season: 2-3 days/week

In-season: 1-2 days/week

We recommend performing all the exercises on both arms, not just the throwing arm. This will prevent muscle imbalances that could lead to injury.

You should NOT experience any pain during or after performing the exercises. If you do experience pain, you should seek a medical evaluation.

This program is NOT designed to treat injuries. If you have an injury, or would like more individualized instruction on preventing injury, please consult a skilled Physical Therapist at one of our Spaulding Outpatient Centers.

Spaulding Outpatients Sites – North Shore

Spaulding Outpatient Center at Cape Ann

1 Blackburn Drive
Gloucester, MA 01930
Phone: 978-281-9560

Spaulding Outpatient Center Lynn

583 Chestnut Street, Suite 3
Lynn, MA 01904
Phone: 781-581-0484

Spaulding Outpatient Center at the Jewish Community Center in Marblehead

Jewish Community Center
4 Community Road
Marblehead, MA 01945
Phone: 781-639-1131

Spaulding Outpatient Center

at the Marblehead YMCA
Lynch/van Otterloo YMCA
40 Leggs Hill Road
Marblehead, MA 01945
Phone: 781-639-0055

Spaulding Outpatient Center Peabody

4 Centennial Drive
Peabody, MA 01906
Phone: 978-532-6635

Spaulding Outpatient Center Salem

Shetland Park, 2nd Floor, Suite 211
35 Congress Street
Salem, MA 01970
Phone: 978.825.8700



The Thrower's Ten

A STRENGTHENING AND INJURY PREVENTION
PROGRAM FOR OVERHEAD ATHLETES

Strength is Innovation
Strength is Knowledge
Strength is Expertise

Find your strength

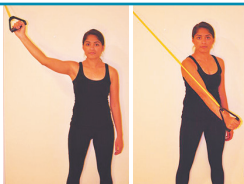


North Shore Sports Medicine Team



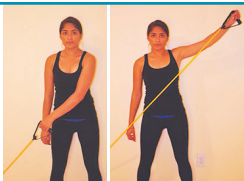
1A. Diagonal Pull Down

Grip tubing handle/band overhead and out to the side. Pull tubing down and across your body to the opposite hip.



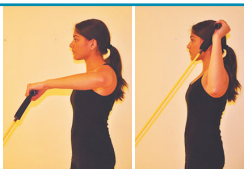
1B. Diagonal Pull Up

Hold tubing handle/band by opposite hip. Pull tubing upward at a 45° angle to bring arm up and over shoulder.



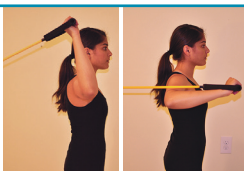
2A. External Rotation

Stand with arm up at shoulder height and elbow bent at 90° so hand is out in front of you. Keeping arm at shoulder height and elbow bent at 90°, rotate shoulder back to bring hand by ear. Slowly return to start position.



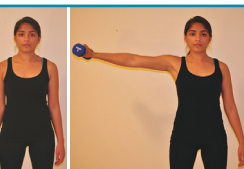
2B. Internal Rotation

Stand with arm up at shoulder height and elbow bent to 90° so hand is by ear. Keeping arm at shoulder height and elbow bent at 90°, rotate shoulder forward. Slowly return to start position.



3. Shoulder Abduction

Stand with arm at side, elbow straight, and palm against side. Raise arm to the side, palm down, until arm reaches 90° (shoulder level). Hold for 2 seconds and lower slowly.



4. Full Can

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



5A. Prone "T"

Lie on bed face down, with arm hanging straight to the floor, and palm facing in. Raise arm out to the

side, parallel to the floor. Hold 2 seconds and lower slowly. When performed by both arms together, your body resembles the letter T.



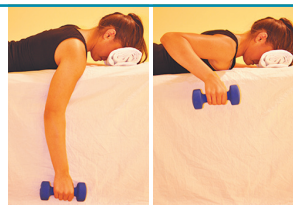
5B. Prone "Y"

Lie on bed face down, with 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. When performed by both arms together, your body resembles the letter Y.



5C. Prone Rowing

Lie on bed face down, with your arm hanging straight to the floor, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow, and squeezing shoulder blade towards your back. Hold for 2 seconds and lower slowly.



6. Press-ups

Seated on a chair or bed, place both hands firmly on the sides of the chair or bed, palm down and fingers pointed forward. Hands should be placed shoulder width apart. Slowly push downward through the hands and straighten elbows to elevate your body. Hold the elevated position for 2 seconds and lower slowly.



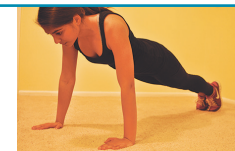
7. Sidelying External Rotation

Lie on side, with arm at side of body and elbow bent to 90° with a towel roll under elbow. Keeping the elbow fixed to side, raise arm. Hold for 2 seconds and lower slowly.



8. Push-ups

Start in the up position with hands shoulder width apart. Slowly lower your body keeping your back straight,



and then push up as high as possible until elbows are straight. Start with a push-up into wall. Gradually progress to table top and eventually to floor as tolerable.



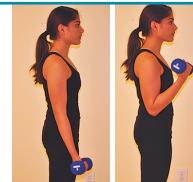
9A. Triceps Extension

Hold hand weight and raise arm overhead. Provide support at elbow from opposite hand. Straighten elbow overhead. Hold 2 seconds and lower slowly.



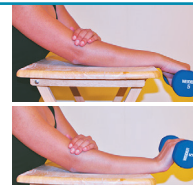
9B. Biceps Flexion

Hold hand weight with arm against side and palm facing inward. Bend elbow upward turning palm up as you lift. Hold 2 seconds and lower slowly.



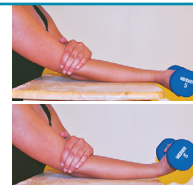
10A. Wrist Extension

Rest your forearm on a firm surface with palm facing downward. Raise weight in hand as far as possible. Hold 2 seconds and lower slowly.



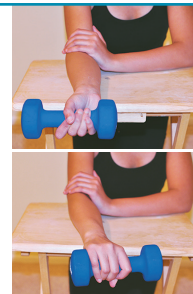
10B. Wrist Flexion

Rest your forearm on a firm surface with palm facing upward. Curl up weight in hand as high as possible. Hold for 2 seconds and lower slowly.



10C. Supination and Pronation

Sit with elbow bent and forearm supported on firm surface. Hold end of weight or hammer with palm up. Rotate weight or hammer so that palm is facing down. Return to start position to complete one repetition.



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