

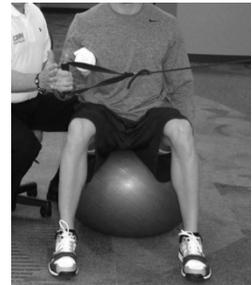
The Advanced Thrower's Ten Exercise Program

INTRO

The Advanced Thrower's Ten Program is designed to be used in the later stages of rehabilitation, after the Thrower's Ten Program. 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 musculature. Perform these exercises in 3 sets of 10 repetitions. These exercises are adapted from the American Sports Medicine Institute in Birmingham, AL.

ONE

A. External Rotation at 0° Abduction: Sit on a stability ball 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.
B. Internal Rotation at 0° Abduction: Sit on a stability ball 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.



TWO

Scaption with sustained hold: Sit upright on a stability ball with shoulder blades retracted and depressed. In the first set, raise both arms in line with the shoulder blade to 90°. In the second set keep the right arm at 90° while the left arm raises and lowers for 10 repetitions. Repeat this process but switch arms. Then alternate arms.



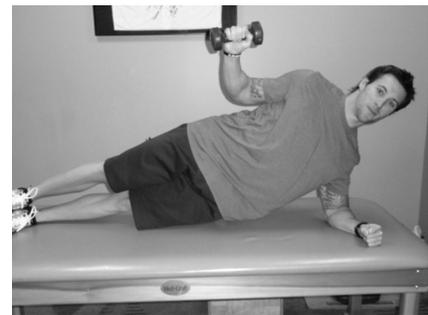
THREE

Shoulder Abduction to 90° with sustained hold: Repeat #2 only with the arms raised straight out to the side, instead of slightly in front of the body.



FOUR

Sidelying External Rotation: Support the body in a "side plank" position, 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. Make sure that your back stays straight through the entire set.



FIVE

“T” raises - In this exercises focus upon pulling the shoulder blades together. Lie on your stomach on a stability ball. Raise your arms to your side in a “T” position until it is parallel to the floor. Repeat this process for each side individually, as in two above.



SIX

“Y” raises – Repeat five above, except raise the arms into a “Y” position.



SEVEN

External Rotation Row – Repeat five above with the arms in a “W” position so that the shoulder is rotated in maximal external rotation.



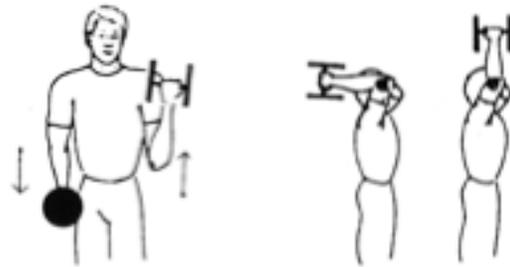
EIGHT

Lower Trapezius Exercises -These exercises include shoulder extension in 20° of abduction with the arms externally rotated, shoulder extension at 45° of abduction with the arms externally rotated (see picture), wall circle slides, low rowing in standing position, and table press-downs with scapular depression.



NINE

A. **Elbow Flexion:** Sitting on a stability ball with arm against side and palm facing inward, bend elbow upward turning palm up as you progress. Hold and lower slowly.
B. **Elbow Extension (Abduction):** Raise involved arm overhead. Provide support at elbow from uninvolved hand. Straighten arm overhead. Hold 2 seconds and lower slowly.



TEN

Repeat exercise #10 from the Thrower’s ten, including wrist extension, wrist flexion, supination, and pronation.

