

THROWER'S REHABILITATION EXERCISES



Consolidated Exercise Handouts and Flowsheet

This packet serves as a visual instruction guide for therapists and patients. Video demonstrations and specific rehabilitation protocols may be found at www.readytothrow.com

ISOMETRICS	✓	WRIST/FOREARM/ELBOW	✓	MOBILITY/STRETCHING	✓	ROTATOR CUFF	✓	SCAPULA	✓
Shoulder flexion		Wrist flexion		Sleeper stretch		ER @ 0deg		Scap set/squeezes	
Shoulder abduction		Wrist extension		Cross-body stretch		IR @ 0deg		Shoulder shrugs	
Shoulder extension		Finger oppositions		Prayer/lat stretch		ER @ 90deg		Band rows	
Shoulder ER		Radial/ulnar deviation		Thoracic extensions (chair)		IR @ 90deg		Band extensions	
Shoulder IR		Gripping		Thoracic extensions (roller)		Sidelying ER		D2 flexion	
Isometric biceps		Forearm pronation/supination		Wall circles		Sidelying flexion		Wall angels	
Isometric triceps		Elbow flexion/extension		Quadruped rotations		Standing flexion		Serratus walks	
		LLLD extension hang				Standing scaption		Serratus roll ups	
		Rice bucket				Standing abduction		Wall slide + liftoff	
		90/90 bicep pulls (pro/sup)						D1 serratus slides	
								Banded flexion	
								Supine punches	
								Prone Row	
								Prone Extension	
								Prone T	
								Prone Y	
								Landmine press	
								Unilateral lat pull w/ rot	

DYNAMIC	✓	ENDURANCE	✓	PLYOMETRICS – UE	✓	PLYOMETRICS – LE	✓	ECCENTRICS	✓
3 cone scap clocks		Weighted ball wall dribbles		Rebounder: chest pass		Squat jumps		Triceps	
Prone W-Y-W		Kettlebell carry @ 90/90		Rebounder: diagonals		Broad jumps		Biceps	
Body blade D2		Ball flips: sidelying ER		Rebounder: OH pass		Scissor jumps		Sidelying decels	
Slider crawls		Ball flips: sidelying abd		IR 0deg		Skater jumps		Band ER @ 0deg	
Cheerleaders		Ball flips: prone abd		ER 0deg				Supine ER @ 90/90	
		Ball flips: prone ER 90/90		IR 90deg				Weighted ball decels	
		Body blade: short lateral		Med ball OH ground slams				Scaption-plane DB lower	
		Body blade: short sagittal		Med ball split slams					
		Body blade: long lateral		Med ball sledge slams					
		Body blade: long sagittal		Med ball iso press					
				Med ball lateral rock/hop					
				Med ball throw-ins					
				Med ball tri-level rebounds					

LE + KINETIC CHAIN	✓	MECHANICS/DRILLS	✓	CORE	✓	MANUALS	✓	OTHER:	✓
Slider lunges		Stance breaks, strides		Stir-the-pots		Shoulder PNF			
Body blade band walk		Wall breaks		Plank plus		Sidelying ER			
Front squats		Wall presses		Superman plank		Sidelying flexion			
RFE split squat		Reverse throws		Flutter kicks/scissor kicks		Sidelying decels			
Cone touch		Fig 8 overstrides		Overhead reverse V's		Prone T			
Single leg RDL		Line throws		Side plank + hip abd		Prone Y			
SLS orbitals				Side plank + ER		Prone ER @ 90deg			
				Mountain climbers		Prone IR @ 90deg			
				Assisted throw downs		Wrist extension			
				Russian twists		Wrist/finger flexion			
				V-ups		Forearm pro/sup			
				Paloff press					
				Renegade rows					
				Dead bugs					

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ISOMETRICS

Parameters (reps, sets, resistance, etc.) should be indicated next to each exercise.

<p>Shoulder flexion</p> 	<p>Shoulder abduction</p> 	<p>Shoulder extension</p> 
<p>Shoulder ER</p> 	<p>Shoulder IR</p> 	<p>Isometric biceps</p> 
<p>Isometric triceps</p> 		
<p>Frequency/Notes:</p>		<p>Video Demonstrations:</p> 

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WRIST/FOREARM/ELBOW

Parameters (reps, sets, resistance, etc.) should be indicated next to each exercise.

<p>Wrist extension</p> 	<p>Wrist flexion</p> 	<p>Finger oppositions</p> 
<p>Radial/ulnar deviation</p> 	<p>Gripping</p> 	<p>Forearm pronation/supination</p> 
<p>Elbow flexion/extension</p> 	<p>LLLD extension hang</p> 	<p>Rice bucket</p> 
<p>90/90 bicep pulls (pro/sup)</p> 	<p>Frequency/Notes:</p>	<p>Video Demonstrations:</p> 

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MOBILITY/STRETCHING

Parameters (reps, sets, resistance, etc.) should be indicated next to each exercise.

Sleeper stretch



Crossbody stretch



Prayer/lat stretch



Thoracic extensions (chair)



Thoracic extensions (roller)



Wall circles



Quadruped rotations



Frequency/Notes:

Video Demonstrations:



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ROTATOR CUFF

Parameters (reps, sets, resistance, etc.) should be indicated next to each exercise.

<p>ER @ 0deg</p> 	<p>IR @ 0deg</p> 	<p>ER @ 90deg</p> 
<p>IR @ 90deg</p> 	<p>Sidelying ER</p> 	<p>Sidelying flexion</p> 
<p>Standing flexion</p> 	<p>Standing scaption</p> 	<p>Standing abduction</p> 
<p>Frequency/Notes:</p>	<p>Video Demonstrations:</p> 	

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SCAPULA

Parameters (reps, sets, resistance, etc.) should be indicated next to each exercise.

<p>Scap set/squeeze</p> 	<p>Shoulder shrugs</p> 	<p>Band rows</p> 
<p>Band extensions</p> 	<p>D2 flexion</p> 	<p>Wall angels</p> 
<p>Serratus walks</p> 	<p>Serratus roll ups</p> 	<p>Wall slide + liftoff</p> 
<p>D1 serratus slides</p> 	<p>Banded flexion</p> 	<p>Supine punches</p> 

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SCAPULA, cont'd

Parameters (reps, sets, resistance, etc.) should be indicated next to each exercise.

Prone row



Prone extension



Prone T



Prone Y



Landmine press



Unilateral lat pull w/ rotation



Frequency/Notes:

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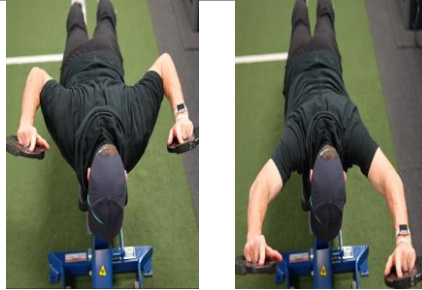
DYNAMIC

Parameters (reps, sets, resistance, etc.) should be indicated next to each exercise.

3 cone scap clocks



Prone W-Y-W



Body blade D2



Slider crawls



Cheerleaders



Frequency/Notes:

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ENDURANCE

Parameters (reps, sets, resistance, etc.) should be indicated next to each exercise.

<p>Weighted ball wall dribbles</p> 	<p>Kettlebell carry @ 90/90</p> 	<p>Ball flips: sidelying ER</p> 
<p>Ball flips: sidelying abd</p> 	<p>Ball flips: prone abd</p> 	<p>Ball flips: prone ER 90/90</p> 
<p>Body blade: short lateral</p> 	<p>Body blade: short sagittal</p> 	<p>Body blade: long lateral</p> 
<p>Body blade: long sagittal</p> 	<p>Frequency/Notes:</p>	<p>Video Demonstrations:</p> 

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PLYOMETRICS – UPPER EXTREMITY

Parameters (reps, sets, resistance, etc.) should be indicated next to each exercise.

<p>Rebounder: chest pass</p> 	<p>Rebounder: diagonals</p> 	<p>Rebounder: overhead pass</p> 
<p>Rebounder: IR 0deg</p> 	<p>Rebounder: ER 0deg</p> 	<p>Rebounder: IR 90deg</p> 
<p>Med ball: OH ground slams</p> 	<p>Med ball: split slams</p> 	<p>Med ball: sledge slams</p> 
<p>Med ball: iso press</p> 	<p>Med ball: lateral rock/hop/drive</p> 	<p>Med ball: throw-ins</p> 

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PLYOMETRICS – UPPER EXTREMITY, cont'd

Parameters (reps, sets, resistance, etc.) should be indicated next to each exercise.

<p>Med ball: tri-level rebounds</p> 		
<p>Frequency/Notes:</p>	<p><u>Video Demonstrations:</u></p> 	



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PLYOMETRICS – LOWER EXTREMITY

Parameters (reps, sets, resistance, etc.) should be indicated next to each exercise.

Squat jumps	Broad jumps	Scissor jumps
		
<h3 data-bbox="240 709 425 743">Skater jumps</h3> 		
<p>Frequency/Notes:</p>	<p>Video Demonstrations:</p> 	

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ECENTRICS

Parameters (reps, sets, resistance, etc.) should be indicated next to each exercise.

<p>Triceps</p> 	<p>Biceps</p> 	<p>Sidelying decels</p> 
<p>Band ER @ 0deg</p> 	<p>Supine ER @ 90/90</p> 	<p>Weighted ball decels</p> 
<p>Scaption-plane decels</p> 		
<p>Frequency/Notes:</p>	<p>Video Demonstrations:</p> 	

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LOWER EXTREMITY + KINETIC CHAIN

Parameters (reps, sets, resistance, etc.) should be indicated next to each exercise.

<p>Slider lunges</p> 	<p>Body blade band walk</p> 	<p>Front squats</p> 
<p>Rear-foot elevated split squat</p> 	<p>Cone touch</p> 	<p>Single leg RDL</p> 
<p>SLS orbitals</p> 		
<p>Frequency/Notes:</p>		

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MECHANICS/DRILLS

Parameters (reps, sets, resistance, etc.) should be indicated next to each exercise.

<p>Stance breaks</p> 	<p>Wall breaks</p> 	<p>Wall presses</p> 
<p>Reverse throws</p> 	<p>Fig 8 overstrides</p> 	<p>Line throws</p> 
Frequency/Notes:		Video Demonstrations:
		

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CORE

Parameters (reps, sets, resistance, etc.) should be indicated next to each exercise.

<p>Stir-the-pots</p> 	<p>Plank plus</p> 	<p>Superman plank</p> 
<p>Flutter kicks/scissor kicks</p> 	<p>Overhead reverse V's</p> 	<p>Side plank + hip abduction</p> 
<p>Side plank + ER</p> 	<p>Mountain climbers</p> 	<p>Assisted throw downs</p> 
<p>Russian twists</p> 	<p>V-ups</p> 	<p>Pallof press</p> 

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CORE, cont'd

Parameters (reps, sets, resistance, etc.) should be indicated next to each exercise.

Renegade rows



Dead bugs



Frequency/notes:

Video demonstrations:



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MANUALS

Parameters (reps, sets, resistance, etc.) should be indicated next to each exercise.

<p>Shoulder PNF</p> 	<p>Sidelying ER</p> 	<p>Sidelying flexion</p> 
<p>Sidelying decels</p> 	<p>Prone T</p> 	<p>Prone Y</p> 
<p>Prone ER @ 90deg</p> 	<p>Prone IR @ 90deg</p> 	<p>Wrist/finger flexion</p> 
<p>Forearm pronation/supination</p> 	<p>Frequency/Notes:</p>	<p>Video Demonstrations:</p> 