

# THROWER'S TEN EXERCISE PROGRAM



## Diagonal Pattern D2 Extension

Involving hand will grip tubing handle overhead and out to the side. Pull tubing down and across your body to the opposite side of leg. During the motion, lead with your thumb.



## Diagonal Pattern D2 Flexion

Gripping tubing handle in hand of involved arm, begin with arm out from side 45 degrees and palm facing backward. After turning palm forward, proceed to flex elbow and bring arm up and over the uninvolved shoulder. Turn palm down and reverse to take arm back to starting position. This exercise should be done in a controlled manner.



## External Rotation at 0 degrees Abduction

Stand with involved elbow fixed at side, elbow at 90 degrees and involved arm across front of body. Grip tubing handle while the other end of the tubing is fixed to a stationary object. Pull out with arm, keeping elbow at side. Return tubing slowly and in a controlled manner.



#### **Internal Rotation at 0 degrees Abduction**

Standing with elbow at side, fixed at 90 degrees and should rotated out. Grip tubing handle while other end of tubing is fixed to a stationary object. Pull arm across body, keeping elbow at side. Return tubing slowly and controlled.



#### **External Rotation at 90 degrees Abduction**

Stand with shoulder abducted 90 degrees and elbow flexed 90 flexed. Grip tubing handle while the other end is fixed straight ahead, slightly lower than the shoulder. Keeping shoulder abducted, rotate the shoulder back, keeping elbow at 90 degrees. Return tubing and hand to start position.



#### **Internal Rotation at 90 degrees Abduction**

Stand with shoulder abducted to 90 degrees, externally rotated 90 degrees and elbow bent 90 degrees. Keeping shoulder abducted, rotate shoulder forward, keeping elbow bent at 90 degrees. Return tubing and hand to start position.



**Shoulder Abduction to 90 degrees**

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



**Scaption, Internal Rotation**

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



**Prone Horizontal Abduction (Neutral)**

Lie on table, face down, with involved arm hanging straight to the floor, palm facing down. Raise arm out to side, parallel to floor. Hold 2 seconds and lower slowly.



**Prone Horizontal Abduction (Full External Rotation, 100 degrees Abduction)**

Lie on table, face down, with involved arm hanging straight to the floor, thumb rotated up (hitchhiker position). Raise arm out to the side slightly in front of shoulder, parallel to the floor. Hold 2 seconds and lower slowly.



**Press-Ups**

Seated on a chair or table, place both hands firmly on the sides of the chair or table, palm down and fingers pointed outward. Hands should be placed equal with shoulders. Slowly push downward through the hands to elevate your body. Hold the elevated position for 2 seconds and lower slowly.



**Prone Rowing**

Lying on your stomach, with your involved arm hanging over the side of the table, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow and bring dumbbell as high as possible. Hold at the top for 2 seconds, then slowly lower.



### **Push-Ups**

Start in the down position. Place hands no more than shoulder width apart. Push up as high as possible, rolling shoulders forward after elbows are straight. Start with a push-up into wall, then gradually progress to tabletop and eventually to the floor as tolerable.



### **Elbow Flexion**

Standing with arm against side and palm facing inward, bend elbow upward turning palm up as you progress. Hold 2 seconds and lower slowly.



### **Elbow Extension (Abduction)**

Raise involved arm overhead. Provide support at elbow from uninvolved hand. Straighten arm overhead. Hold 2 seconds, then lower slowly.



### **Wrist Extension**

Supporting the forearm and with palm facing downward, raise weight in hand as far as possible. Hold 2 seconds, then lower slowly.



### **Wrist Flexion**

Supporting the forearm and with palm facing upward, lower a weight in hand as far as possible, then curl it up as high as possible. Hold for 2 seconds and lower slowly.



### **Wrist Supination**

With forearm supported on table with wrist in neutral position, use a weight or hammer to roll wrist to the palm up position. Hold for 2 seconds and return to starting position.



### **Wrist Pronation**

Forearm should be supported on a table with the wrist in neutral position. Using a weight or hammer, roll wrist to the palm down position. Hold 2 seconds and return to starting position.

# Back and Neck

( If you have a history of disc problems, consult your physician before using the roller on your back or neck.)

## Neck

(Be careful not to over treat.)

To focus on the right side, turn your head to the right and place the roller at the base of your neck. To move higher, lift your neck off the roller and place it back down just above the previous spot. **DO NOT ROLL ON THE NECK!**

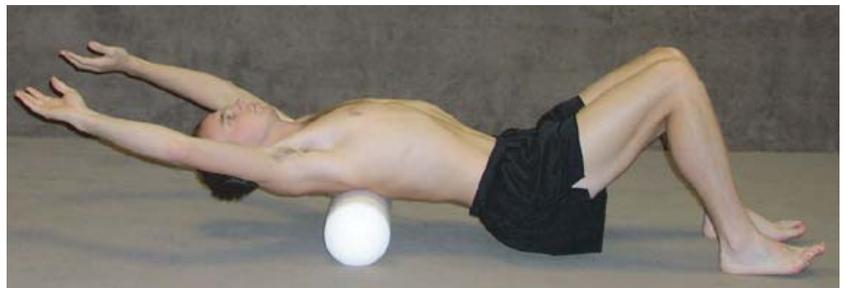


## Back

Position the roller longitudinally along your spine. To focus on the right side, roll to the right and stop on the muscles that run along the length of the spine.

## Back

Start with the roller positioned appropriately as shown in the picture. Slowly move your body over the roller by "walking" with your feet.



## Low Back

(Be careful not to over treat.)

Position the roller as shown, between your ribs and pelvis. Slowly roll backwards just enough to feel the stretch and pressure on the muscles of the low back.



# Gluteal Muscles, IT Band and Lateral Quadriceps



## Gluteal Muscles (posterior) and External Rotators

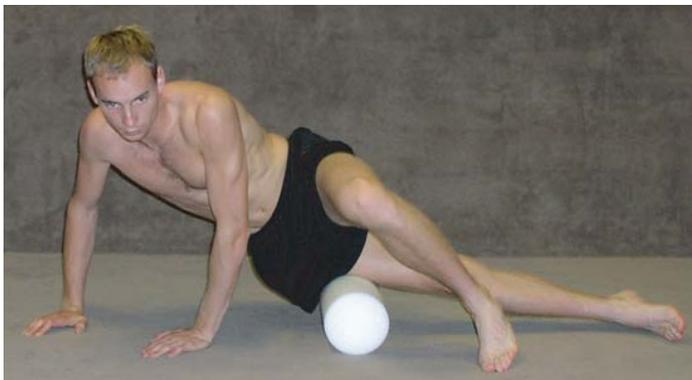
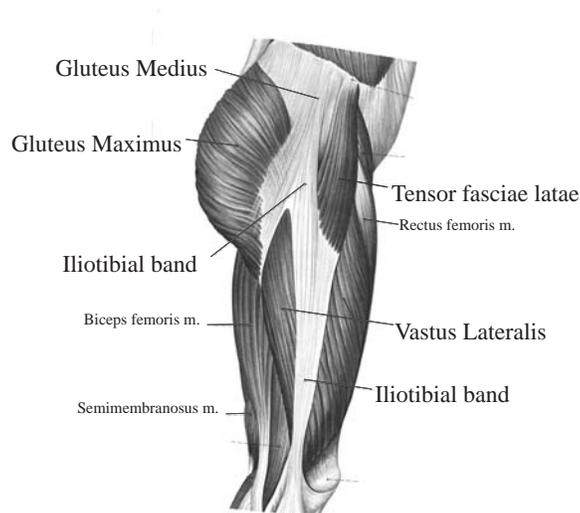
Treatment is shown for right leg. Place roller as shown. Use your left leg to move your body. Adjust the rotation of your body to find tight areas.

## Gluteal Muscles (anterior) and Tensor Fasciae Latae

Treatment is similar to that for the posterior gluteal muscles except your left leg is now in front of your right. The pressure is applied more to the side and front of the hip.



## Right Hip and Upper Leg



## Iliotibial Band (less pressure)

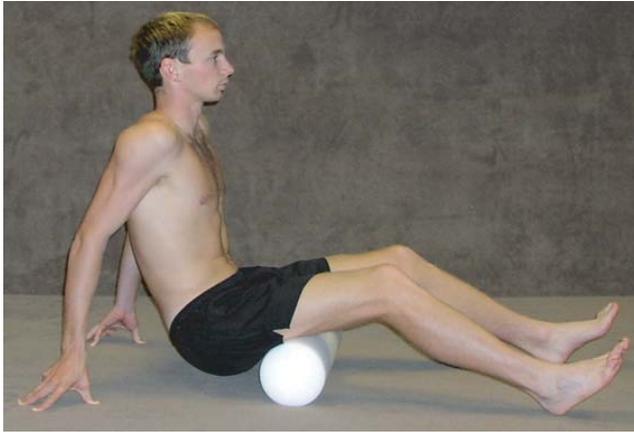
Roll from the pelvis down the outside of the leg. DO NOT roll onto the knee itself. Use your left leg to control the amount of pressure.

## Iliotibial Band (more pressure)

This time place the left leg on top of the right so that your feet do not touch the ground at all. Progress to this particular version only after being able to handle the previous position without a problem.

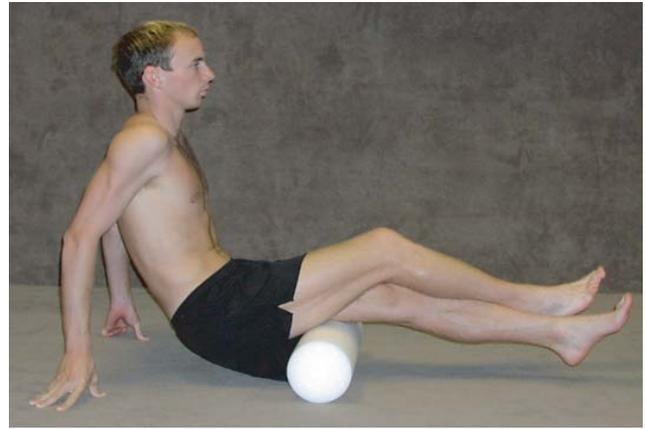


# Upper Leg Muscles



**Hamstrings**

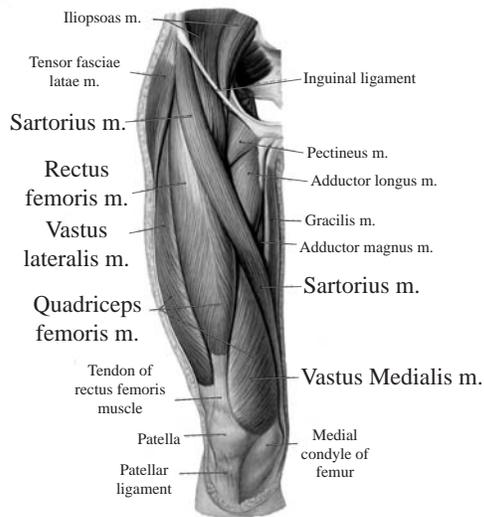
Start with the roller right below the bony protrusion at the top of your legs. Turn slightly to the right or left to focus more on the inside or outside of the hamstrings. Roll down your leg until right above the back of your knee. DO NOT roll over the back of your knee.



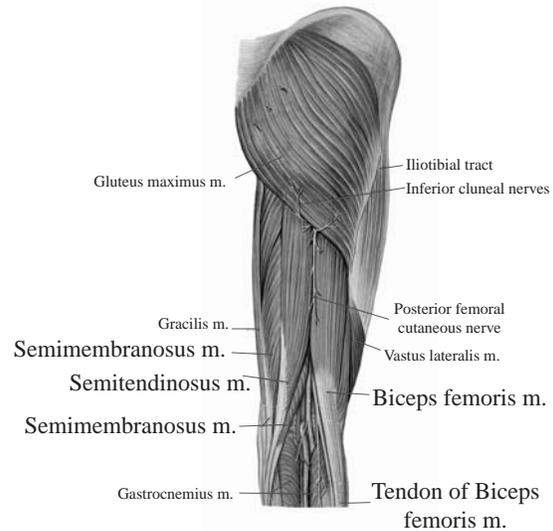
**Hamstrings (more pressure)**

The positioning is the same as before except the left leg is now crossed over the right. For added pressure push down with the top leg.

## Front of Right Upper Leg



## Back of Right Upper Leg



**Quadriceps**

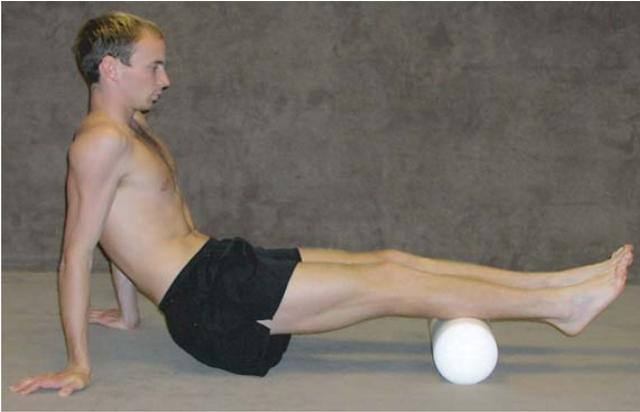
Roll from the bottom of the pelvis to above the knee joint. DO NOT roll over the knee. Turn your body to the right or left to focus more on the inside or outside of the leg.



**Quadriceps (more pressure)**

To increase the amount of pressure, cross the left leg over the right. For even more pressure push down with the top leg.

# Lower Leg Muscles



**Calf Muscles**

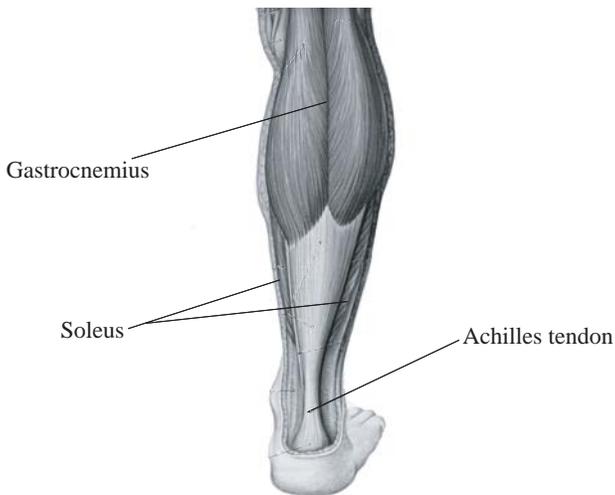
Support body weight with hands and calves only. Do not sit on the floor. Roll from the heel to the top of the muscle belly, using your upper body to move over the roller. To increase pressure cross one leg over the other and press down with the top leg

## Medial Calf

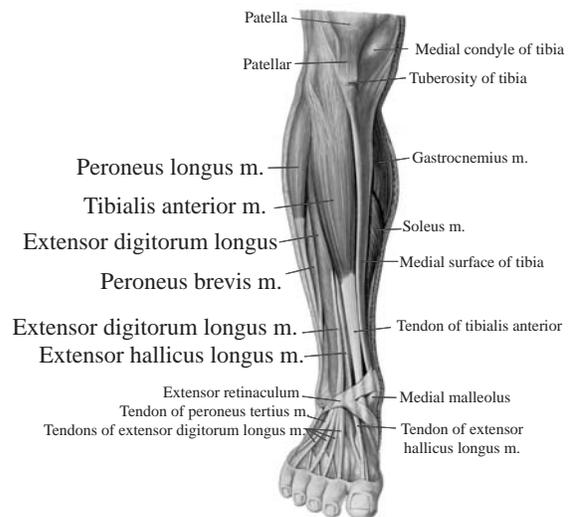
This variation can be very effective at accessing the medial (inside) calf muscles along the tibia. For the left leg turn onto your left side and apply pressure along the side of the shin bone. Pressure should not be applied onto the bone itself.



## Back of Right Lower Leg



## Front of Right Lower Leg



## Shin Muscles

Position the roller as shown. Support body weight on shins and hands. Roll from below the knee to the ankle. DO NOT roll directly on the shin bone.



## Peroneal Muscles

Place the roller as shown in the picture. Keep your hips off of the ground. Roll from below the knee to right above the ankle. Do not roll over bony protrusions. To increase the pressure put your opposite leg on top of the leg being treated.