

Exercises to Prevent Injury

Thrower's Program

General instructions

- Do each exercise slowly with control.
 - Do not let your shoulders rise up toward your ears.
 - Repetitions (reps) are more important than weight.
 - Exercises should not be painful.
- Do the strength exercises every other day, all on the same day (3 to 4 times a week.)
 - For each exercise, start with 10 to 15 reps and work up to 50.
- Then back down to 15 reps and begin to add weight, ½ pound at a time until you reach 3 to 5 pounds. Do not exceed 5 pounds.

Arm raise forward

Start with arms at sides, thumbs up. Lead with thumbs as you raise your arms forward to shoulder level. Do not let shoulders rise toward your ears. Lower slowly.



Arm raise on diagonal

Starting with arms at sides, lead with thumbs as you raise arms on a line between sideways and forward. Lower slowly.



Arm—External rotation

Lie on your side. Place a towel roll under elbow. Keep elbow bent at 90 degrees. Raise hand upward away from stomach. Lower slowly.



Arm—Internal rotation

Attach the theraband to a door handle. Hold on to band and bring the hand toward stomach as you pull shoulder blades in and down. Slowly return. Do not let your body twist.



Shoulder blades: T shape

Lie across a ball or the edge of a bed with your head and neck extended, looking down. Pull your shoulder blades in and down in one motion. Then raise your arms out in a “T” shape with your thumbs up. You may also do this exercise with your palms facing the floor.



Shoulder blades: Y shape

Lie across a ball or the edge of a bed with your head and neck extended, looking down. Pull your shoulder blades in and down in one motion. Then raise your arms out in a “Y” shape with your thumbs up. You may also do this exercise with your palms facing down.



Shoulder blades: W shape

Lie across a ball or the edge of bed with your head and neck extended, looking down. Pull your shoulder blades in and down in one motion. Then raise your arms out in a “W” shape, as if to bring your elbows together behind your back, palms facing down. You may also do this exercise with your thumbs up.



Push-ups plus

Do standing push-ups against a wall. Then extend arms and push into wall to round your back. When these push-ups become easy, move push-ups to a counter top; then to the floor with knees bent and then straight.



Shoulder stretch

Lie on your side with arm in front of you and elbow bent at 90 degrees. Use your other hand to stretch your forearm toward the floor. Stretch should be felt behind your shoulder.

Hold for _____ seconds. Do _____ reps, 2 times a day.

To do as a contract/relax stretch: Gently push the sore/weak arm down to a point of stretch but not pain. Gently push arm back toward the ceiling, but resist with the opposite hand so the arm does not move. Hold the contraction for 10 seconds, then relax and push further into the stretch for 10 seconds.

Do _____ reps, 2 times a day.



When to call

- Call your doctor if you have severe pain while at rest or pain that is getting worse.
- If you have numbness and tingling in your arm, or pain with throwing activity that is getting worse, please set up an appointment with us at 612-672-7100.
- If you have other questions, please call our thrower's injury hotline at: 612-672-7929.