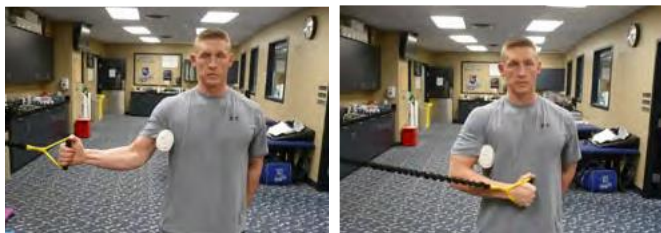


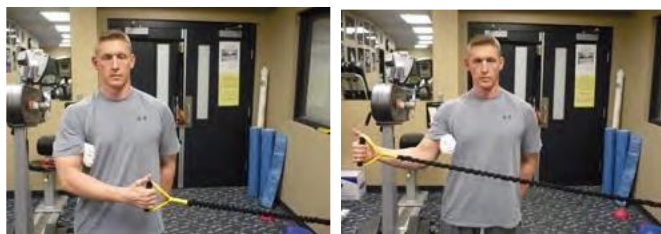
PROGRAM 3: SHOULDER

Internal Rotation with Thera-Band



Standing with your throwing elbow flexed to 90 degrees and a towel roll between your elbow and your ribs. Pull your scap down and back (set your scap). Pull in with your arm to your stomach while keeping your elbow at your side. Pull your scap down and back again and hold this position for 2 seconds. Slowly return to the start position. Begin with red (light weight) Thera-Band and progress to green (medium) and then blue (heavy). Perform until you get a medium to heavy burn in the muscle.

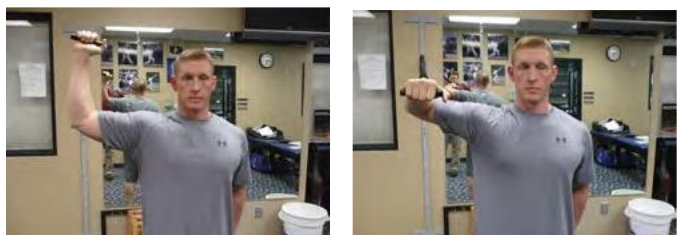
External Rotation with Thera-Band



Standing with your throwing elbow flexed to 90 degrees and a towel roll between your elbow and your ribs. Pull your scap down and back (set your scap). Your thumb should be facing up (neutral) and be maintained this way through the whole exercise. Pull out with your arm to the point where it naturally stops while keeping your elbow at your side. Pull your scap down and back again and hold this position for 2 seconds. Slowly

return to the start position. Begin with red Thera-Band and progress to green and then blue. Perform until you get a medium to heavy burn in the muscle.

Internal Rotation at 90 Degrees with Thera-Band



Attach elastic band to a secure location above your head (as shown). Pull your scap down and back (set your scap). Rotate your shoulder forward while keeping your shoulder abducted (as shown). Pull your scap down and back again and hold this position for 2 seconds. Slowly return to the start position. Begin with red Thera-Band and progress to green and then blue.

Perform until you get a medium to heavy burn in the muscle. This is an exercise that we will increase speed of movement as you feel more comfortable.



Diagonal Pattern with Thera-Band

Attach the elastic band to a secure location at floor height. Stand with your body at a 45 degree angle to the band (as pictured). Begin exercise with arm rotated inward and slowly raise your arm as pictured in a diagonal pattern. Your thumb should be pointed toward the ceiling at the end position. Pull your scap down and back (set your scap) and hold this position for 2 seconds. Slowly control your movement and return to the starting position. Begin with red Thera-Band and progress to green and then blue. Perform until you get a medium to heavy burn in the muscle.