

POSTURE FIRST - Toes Straight / Lift Shoulders up and back, set in pockets, Spine neutral - don't roll pec minor

SEGMENT WORK 1	
POST THROW PROGRAM (SCAP HAB)	
A, W, L, T, Y - set posture, feet	1 min. ea
Cuban Press - no weight	20
Prone position - Scap Angels	20
Scap Retractions/Loads - Plyo Ball	10 ea way
Side Lying Half Moons - both sides	10 ea way
T6-T7 ELDOA	15

SEGMENT WORK 1	
RECOVERY OR PRE-THROW ACTIVATIONS	
Tex Neck	15 reps
Pec Myofascial Release	15 reps
Mid Scap both meats of back	15 reps
Lat Release	15 reps
GH Myofascial Stretch	6 ea
Scap Retractions/Loads - Plyo ball	10 ea way

SEGMENT WORK 2	
POST THROW PROGRAM (SCAP HAB)	
Tubing Y, T, I and 90/90's	10 ea
Split Stance Tubing Bilateral ER's	10
Flexion Forearm Ball Drops	35 ea
Standing RDL Ball Drops	1 min.
Tripod 90/90 Ball Drops	35 ea
T-Spine Open Books	30 sec ea

SEGMENT WORK 2	
RECOVERY OR PRE-THROW ACTIVATIONS	
Sleeper Stretch	1 min.
T-Spine Open Books	30 sec ea
Prone position - Scap Angels	20
Low side Plank flexion ball drops	15 reps
90/90 to Y Scap wall slides (Prone)	20
Scap Retractions/Loads - Plyo ball	10 ea way

SEGMENT WORK 3	
POST THROW PROGRAM (SCAP HAB)	
Tubing Horiz Abductions Eccentric	10
Tubing Serratus lifts over head	10
T-Spine Windmills	10 ea
Standing Scap to 120's	15
Quadruped 1-arm trap raise	6 ea
Yoga Push ups with iso on top	10

SEGMENT WORK 3	
RECOVERY OR PRE-THROW ACTIVATIONS	
ER End Range Lift overs (slow)	2 x 10
Lat/Triceps Long head stretch wall	2 min.
T-Spine Levered Ext. over Fm roll	2 x 20
Bicep tack and pump	2 min.
Lat Foam Roll pin and stretch	2 min.
Triceps tack and pump	2 min.

SEGMENT WORK 4	
POST THROW PROGRAM (SCAP HAB)	
Tubing 90/90 walk out Eccentrics	20
Quadruped 1 arm trap raise	6 ea
Cuban Presses	20
Hand Cuffs (Stand or Prone)	15 reps
90/90 to Y Scap wall slides (Prone)	20 reps
Standing Abduction 180's	15 reps

SEGMENT WORK 5	
POST THROW PROGRAM (SCAP HAB)	
Tubing Horizontal Abd/Eccentrics	2 x 8
Split Stance Scaption Ball drops	35 reps
Lumbar Lock T-Spine Rotation	20 ea side
Plyo ball Halos	10 ea way
Forearm Plyo Drops	35 reps
Split Stance 90/90 to Y (tubing)	15 reps