

# Modified Thrower's-Ten Program

Complete the following exercises 3 days a week with a 0-5 pound weight or a light resistance band (orange/red or green) where indicated (\* see **Four-Way Band Rotation**). Complete 2 sets of 15 repetitions for each exercise during off-season, 1 set of 15 in-season. Pitchers may modify routine as needed based on pitching schedule. Advanced players should progress to 20-30 repetitions per set.

## 1. Sidelying External Rotation\*

- Lay on non-dominant side or stand (if using band)
- Bend elbow to 90 degrees with arm at side, maintain this angle throughout the exercise
- Rotate hand and forearm up from stomach towards ceiling



## 2. Internal Rotation at Neutral\*

- Lay on throwing arm side (dumbell) or stand (band)
- Keep throwing arm elbow bent to 90 degrees and at your side
- Rotate hand in towards your stomach, slowly return to start position



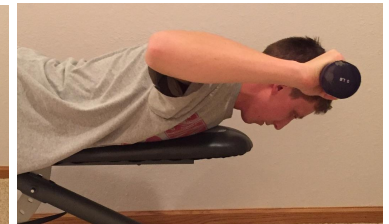
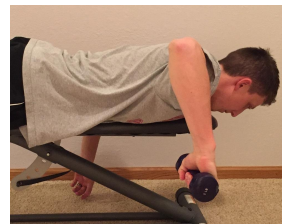
## 3. Internal Rotation at 90 degrees Abduction\*

- Lay on back (dumbell) or stand (band)
- Raise throwing arm out to the side to point straight away from your body, then bend elbow to 90 degrees with forearm in lay-back position
- Rotate forearm forward with elbow bent



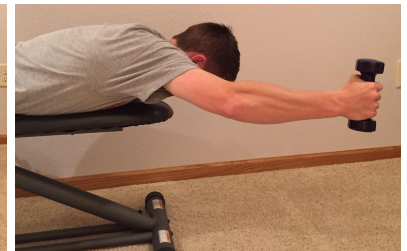
## 4. Prone External Rotation\*

- Lay on stomach with throwing arm straight out to the side and elbow bent to 90 degrees, or stand with use of band.
- Rotate your forearm up towards the ceiling while keeping the elbow bent to 90 degrees



## 5. Prone "Y"

- Lay on stomach on edge of bed or table with throwing arm hanging off the side, elbow straight
- Lift arm up towards the ceiling in a "Y" pattern
- Keep thumb pointed up and elbow straight



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## 6. "Full Can" Abduction to 90

- Stand in neutral posture with throwing arm at side, elbow straight
- Lift arm out to the side, keeping thumb up ("full can" position), stopping at 90 degrees



## 7. Standing D2 Flexion Diagonal

- Stand in neutral posture with throwing hand crossed over to glove side hip, thumb down
- Lift throwing hand up and across your body, rotating your thumb to point up at the end position
- "Pull out a sword and point it to the sky"



## 8. Push-Up

- Start on hands and feet in a neutral posture, stomach engaged
- Complete push-up while maintaining a neutral spine, do not allow back to curve
- Keep elbows within 45 degrees of your side
- Complete on knees if too difficult on toes



## 9. Bicep Curl

- Stand in neutral posture with arm at side
- Grasp weight with palm facing forward
- Bend elbow fully while keeping throwing arm at your side
- Do not rock your body to create momentum
- \*May use greater than 5 pounds



## 10. Overhead Tricep Extension

- Raise throwing arm over head and stabilize with glove side hand by grasping elbow
- Fully straighten throwing arm elbow, maintaining overhead position
- \*May use greater than 5 pounds

