PROGRAM 1: SHOULDER



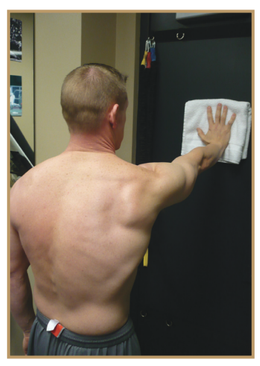
STANDING SCAPTION TO 120 DEGREES

Start with arms at side and shoulder blades down and back. Raise arms at angle with thumbs up as pictured. Begin with 2 lbs and progress up to 5 lbs. Perform 2 sets of 15 repetitions.



STANDING ABDUCTION TO 90 DEGREES

Start with arms at side and shoulder blades down and back. Raise arms out from body to shoulder height. Begin with 2 lbs and progress up to 5 lbs. Perform 2 sets of 15 repetitions.



WALL SCRUB

Stand facing the wall with the arm fully extended and press a towel into a smooth surface. Maintaining pressure and with your shoulder blade fully pressed forward (protracted) make circles clockwise and then counter clockwise. Perform 2 sets of 15 repetitions in each direction.





SERRATUS PRESS

Begin exercise as pictured with your arm at your side and the elbow bent to a 90 degree angle. Raise your arm overhead as pictured while rotating your thumb outward. Pause at end range for 2 seconds and slowly return to the starting position. Begin with 2 lbs and progress up to 8 lbs. Perform 2 sets of 15 repetitions.

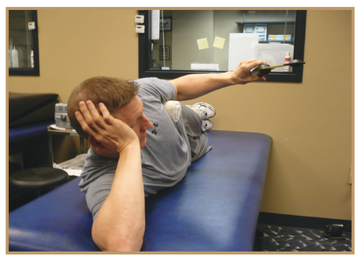




SIDE LYING EXTERNAL ROTATION

Lie on your non-throwing side with a towel roll under your throwing arm lightly pressing your elbow toward your side and the elbow bent to a 90 degree angle. The thumb is pointed up to start and is held in this position through the movement of the exercise. Rotate (raise) your arm out to the point where you feel it is blocked from moving anymore. Pause at this end range for 2 seconds and slowly return to the starting position. Begin with 1-2 lbs and progress up to 5 lbs. Perform 2 sets of 15 repetitions.





SIDE LYING BODYBLADE EXTERNAL ROTATION

Lie on your non-throwing side with a towel roll under your throwing arm lightly pressing your elbow toward your side and the elbow bent to a 90 degree angle. Oscillate the BodyBlade up and down (external/internal rotation) while keeping the shoulder blade down and back (fixed or set position). Begin with the small yellow BodyBlade and progress to the small black BodyBlade. Perform 2 sets of 30 seconds and progress to 2 sets of 45 seconds.





SIDE LYING FLEXION

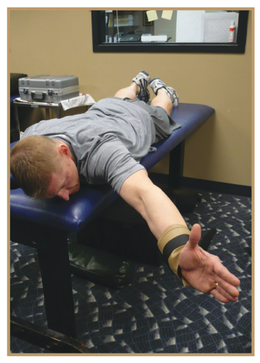
Lie on your non-throwing side with your throwing arm slightly lifted off of your hip, the elbow straight, and the palm facing the floor. While keeping your elbow straight, move your arm toward your head being sure to keep the hand at the same height that it was when you started the exercise (just above the hip), Stop when your hand gets to a position just above your head. Pause for 2 seconds and slowly return to the starting position. Begin with 0-1 lbs and progress up to 5 lbs. Perform 2 sets of 15 repetitions.

PROGRAM 2: SHOULDER



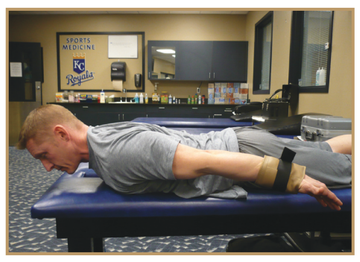

PRONE THUMB UP ABDUCTION AT 90 DEGREES

Begin the exercise with the arm hanging down at your side, elbow straight, and the thumb facing out. Pull your scap down and back (set your scap). Raise your arm slightly above the height of the table in the position that is pictured and pull your scap down and back again. Hold for 2 seconds and slowly return to the start position. Begin with 0-1 lbs and progress up to 5 lbs. Perform 2 sets of 15 repetitions.

PRONE THUMB UP AT 120 DEGREES

Begin the exercise with the arm hanging down at your side and the elbow straight. Pull your scap down and back (set your scap). With the thumb up, raise your arm slightly above the table in the position that is pictured and pull your scap down and back again. Hold for 2 seconds and slowly return to the start position. Begin with 0-1 lbs and progress up to 5 lbs. Perform 2 sets of 15 repetitions.

PRONE EXTENSION WITH THE THUMB OUT

Begin the exercise with the arm hanging down at your side, elbow straight, and the thumb facing out. Pull your scap down and back (set your scap). Raise your arm slightly above the height of the table in the position that is pictured and pull your scap down and back again. Hold for 2 seconds and slowly return to the start position. Begin with 0-1 lbs and progress up to 5 lbs. Perform 2 sets of 15 repetitions.



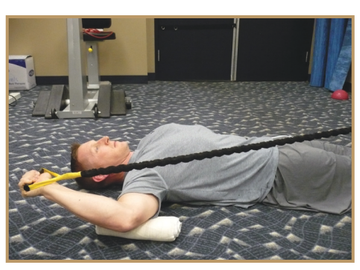

PRONE ROW WITH EXTERNAL ROTATION

Begin the exercise with the arm hanging down at your side. Pull your scap down and back (set your scap). Row arm as shown and hold for 1 second. From this position, externally rotate your arm toward the ceiling with your thumb pointed up while someone is supporting your elbow. Pull your scap down and back again. Hold for 2 seconds and slowly return to the start position. Begin with 0-1 lbs and progress up to 5 lbs. Perform 2 sets of 15 repetitions.




CROSS BODY PULL WITH THERA-BAND

Stand with your body at a 45 degree angle to the band (as pictured). Grasp band with hand as shown and pull arm across your body keeping the thumb up and the elbow straight. Pull your scap down and back 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 2 sets of 15 repetitions.

SUPINE EXTERNAL ROTATION

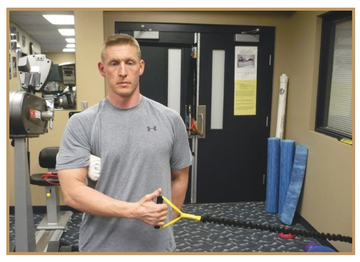
Attach band to foot or to a hook on one of the lowest rungs. Lie on your back as shown with your elbow on a towel roll. Start with your arm straight up and down as shown. Pull your scap down and back (set your scap). Slowly externally rotate your shoulder until it touches the ground. Pull your scap down 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 2 sets of 15 repetitions.

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 Thera-Band and progress to green and then blue. Perform 2 sets of 15 repetitions.




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 2 sets of 15 repetitions.



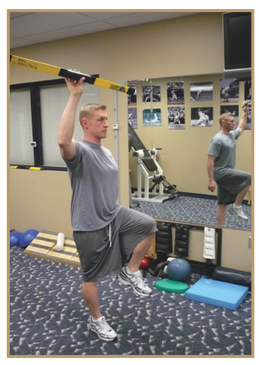
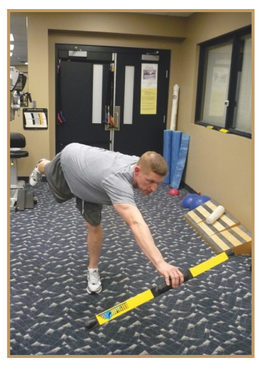

INTERNAL ROTATION AT 90 DEGREES WITH THERA-BAND

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 2 sets of 15 repetitions. This is an exercise that we will increase speed of movement as you feel more comfortable.



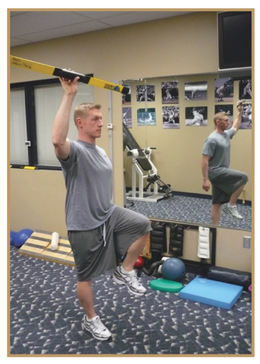

DIAGONAL PATTERN WITH THERA-BAND

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 2 sets of 15 repetitions.

DIAGONAL PATTERN WITH BODYBLADE

Stand in throwing position with the arm in the high cock position. Begin oscillating the BodyBlade and slowly go through your throwing motion. Slowly return to the start position. Make sure to maintain oscillations at all times and shift weight when appropriately. Begin with the small yellow BodyBlade and progress to the small black BodyBlade. Perform 2 sets of 30 seconds and progress to 2 sets of 45 seconds.



BODYBLADE 90/90 POSITION

Stand in throwing position with the arm in 90 degrees of abduction and 90 degrees of external rotation. Oscillate the BodyBlade while balancing on your back leg. Begin with the small yellow BodyBlade and progress to the small black BodyBlade. Perform 2 sets of 30 seconds and progress to 2 sets of 45 seconds.

PROGRAM 4: SCAPULA

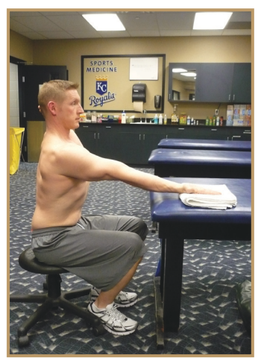
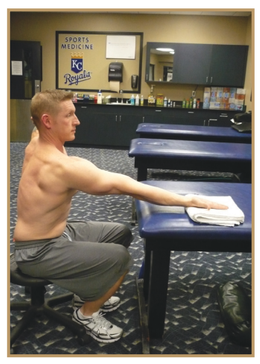



TABLE TOP PROTRACTION / RETRACTION TO THE FRONT

While facing the table (as pictured), sit upright with your back straight and place your opposite hand behind your head to assist in maintaining proper posture. Place your palm facing up on a folded towel. While maintaining your posture, reach out forward as far as possible keeping the palm facing up. Pull scapula in a back and downward direction, avoid shrugging your shoulders, while maintaining a straight arm. Hold contraction for 3 seconds and return to the starting position. Perform 2 sets of 12 repetitions without weight.

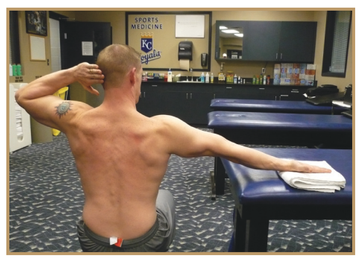


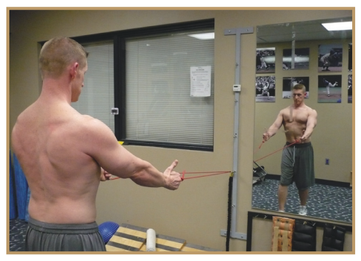

TABLE TOP PROTRACTION / RETRACTION TO THE SIDE

While sitting along side the table (as pictured), sit upright with your back straight and place your opposite hand behind your head to assist in maintaining proper posture. Place your palm facing up on a folded towel. While maintaining your posture, reach out to the side as far as possible keeping the palm facing up. Pull scapula in a back and downward direction, avoid shrugging your shoulders, while maintaining a straight arm. Hold contraction for 3 seconds and return to the starting position. Perform 2 sets of 12 repetitions without weight.




THUMB TACK

Stand facing the wall with arms completely extended and thumbs pressing into the wall. Maintaining pressure and with your shoulder blade fully pressed forward (protracted) rotate thumbs clockwise, then counter-clockwise. Repeat 2 sets of 12 repetitions.




STANDING SCAPULAR ROW WITH TUBING

Standing facing wall arms out stretched holding tubing handles with lead pitching leg out in front with knees slightly bent. Squeeze your shoulder blade down and back (set your scaps) continuing into a row slightly externally rotating shoulders with your palms up. Hold contraction for 3 seconds and return to the starting position. Begin with red Thera-Band and progress to green and then blue. Perform 2 sets of 12 repetitions.



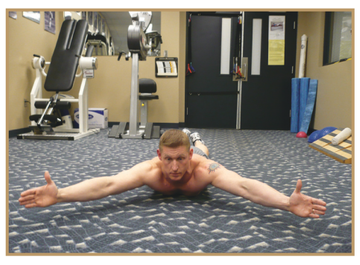

PRONE FLOOR A WITH HAND ROTATIONS

Lying on the floor, pull your chest off of the ground to nipple height (back should be flat or slightly extended). Arms should be straight and at your side with the hands barely off of the floor. Start with the hands facing palm up and rotate the hands to palm down while squeezing the scaps down and back (as shown). Hold this position for 2 seconds and then slowly return to the start position. Repeat without setting the arms down for rest. Perform 2 sets of 12 repetitions. (If you experience any neck tightness or other symptoms, use a towel roll to rest your forehead on.)



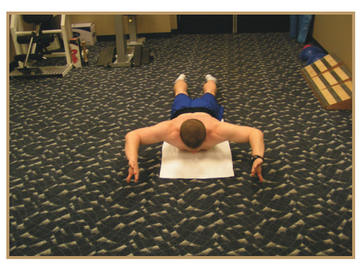

PRONE FLOOR T WITH HAND ROTATIONS

Lying on the floor, pull your chest off of the ground to nipple height (back should be flat or slightly extended). Arms should be straight out to the side with the hands barely off of the floor. Start with the hands facing thumb down and rotate the hands to thumb up while squeezing the scaps down and back (as shown). Hold this position for 2 seconds and then slowly return to the start position. Repeat without setting the arms down for rest. Perform 2 sets of 12 repetitions. (If you experience any neck tightness or other symptoms, use a towel roll to rest your forehead on.)

PRONE FLOOR Y WITH HAND ROTATIONS

Lying on the floor, pull your chest off of the ground to nipple height (back should be flat or slightly extended). Arms should be in a “y” position (about 120 degrees of abduction) with the arms straight. The hands should be barely off of the floor. Start with the hands facing thumb down and rotate the hands to thumb up while squeezing the scaps down and back (as shown). Hold this position for 2 seconds and then slowly return to the start position. Repeat without setting the arms down for rest. Perform 2 sets of 12 repetitions. (If you experience any neck tightness or other symptoms, use a towel roll to rest your forehead on.)




PRONE FLOOR 90/90 WITH HAND ROTATIONS

Lying on the floor, pull your chest off of the ground to nipple height (back should be flat or slightly extended). Arms should be in a “90/90” position (90 degrees of abduction at the shoulder and the elbow flexed to 90 degrees). The hands and elbows should be barely off of the floor. Start with the hands facing thumb down and rotate the hands to thumb up while moving into shoulder external rotation and squeezing the scaps down and back (as shown). Hold this position for 2 seconds and then slowly return to the start position. Repeat without setting the arms down for rest. Perform 2 sets of 12 repetitions. (If you experience any neck tightness or other symptoms, use a towel roll to rest your forehead on.)