

THROWER'S EXERCISES

STRETCH AND STRENGTHEN THE MAJOR
MUSCLES USED FOR THROWING.



Young Athlete Center

Children's
HOSPITAL • ST. LOUIS
BHC HealthCare

 Washington[®]
University in St. Louis
Physicians

Try 15 – 20 repetitions of each exercise every other day using the arm you use to pitch or throw a ball. Supplies needed: resistance band and a 2 – 3 pound hand weight. **Do not complete any exercises that cause pain or discomfort. If you experience any pain, consult with your physician or other health care provider.**



1. Standing shoulder D2 extension

- Stand straight with one arm held above your head and out to your side. Your thumb should point toward the ceiling. Hold on to a resistance band anchored on that side above your head.
- Slowly bring your arm down, across your body while rotating your thumb to point down. Reverse this motion and slowly raise arm up across your body, rotating the thumb upward toward the ceiling, returning to the starting position. Do not shrug your shoulder as you move your arm.



2. Standing shoulder D2 flexion

- Position a resistance band under under your foot and stand straight. Cross one arm in front of your body with your thumb pointing toward the floor.
- Slowly raise your arm up across your body toward the ceiling and rotate it so your thumb is pointing up. Reverse this motion and bring your arm down across your body to the starting position. Do not shrug your shoulder as you move your arm.



3. Standing shoulder external rotation

- Stand straight with your hips and shoulders facing forward. Bend elbow to 90 degrees and place a rolled towel between your elbow and body.
- Holding a resistance band anchored on the side furthest from your bent arm, slowly rotate your arm to the side. Keep your elbow bent throughout the exercise.



4. Standing shoulder internal rotation

- Stand straight with your hips and shoulders facing forward. Bend elbow to 90 degrees with your fist facing forward and place a rolled towel between your bent elbow and body.
- Rotate your arm across your stomach and slowly return to the starting position.



5. Standing shoulder external rotation in abduction

- Standing straight and holding a resistance band anchored at shoulder level, face the band and bend your arm to a 90 degree angle. Your palm should face the floor.
- Slowly rotate the arm up so that your palm is facing the wall and hold. Slowly return to starting position by reversing this motion. Keep your elbow at shoulder level; do not let it drop below shoulder height.



6. Standing shoulder internal rotation in abduction

- Stand straight holding a resistance band anchored at shoulder level. Face away from the band and bend your arm to a 90 degree angle. Your palm should face out.
- Slowly rotate the arm forward until your palm faces the floor. Slowly return to starting position by reversing this motion. Keep your elbow at shoulder level; do not let it drop below shoulder height.



7. Standing shoulder abduction with weight

- Stand straight with arms at side holding a weight. Palms should face the body.
- Keeping the elbow straight, slowly raise your arm up to shoulder height, keeping palm facing the ground. Reverse the motion and slowly return to starting position, keeping palm facing your body. Do not shrug your shoulder while raising or lowering your arm.



8. Standing single arm scaption with weight

- Stand straight with arms at side holding a weight. Palms should face the body.
- Slowly raise your arm at a diagonal angle approximately 30 degrees from body, maintaining a straight elbow, with thumb facing the ceiling. Slowly reverse this motion and lower arm to body and starting position. Do not shrug your shoulder while raising or lowering your arm.



9. Prone shoulder horizontal abduction with scapular retraction

- Lie on your stomach with your arm resting over the side of bed or table. Hold a weight in your hand with the palm facing the table.
- Raise your arm straight out to the side with palm facing down, slowly lower your arm back down and repeat the movement. Do not shrug your shoulder towards your neck.



10. Prone shoulder row in abduction

- Begin by lying on your stomach with one arm hanging off the edge of the bed or table.
- Pull your arm up and squeeze your shoulder blade, allowing your elbow to bend to a 90 degree angle from the side of your body. Return to the starting position. Do not shrug your shoulder towards your neck.



11. Prone scapular retraction with shoulder external rotation

- Start by lying on your stomach on a bed or table with one arm bent at 90 degrees holding a weight.
- Squeeze your shoulder blade and slowly rotate your arm upward so your palm is parallel to your body and facing the ground. Slowly reverse this motion and return to the starting position. Do not drop your elbow below the shoulder and maintain your elbow bent at a 90 degree angle.



12. Prone shoulder scaption with palm down

- Begin lying on your stomach with one arm hanging off the edge of a bed or table. Hold a weight in the hand with the arm neutral.
- Raise your arm diagonally upward from your side with your palm down. Hold briefly, then slowly lower your arm back down. Do not shrug your shoulder as you lift your arm.



13. Sidelying shoulder external rotation with towel and weight

- Begin lying on your side with a towel roll tucked under your upper arm, and your elbow bent to 90 degrees, holding a weight.
- Slowly rotate your forearm upward, then return to the starting position. Keep your elbow bent and avoid shrugging your shoulder towards your neck.



14. Shoulder press-ups off a table

- Begin by sitting upright with your back straight and feet hanging off the edge of a table.
- Place your hands in fists by your hips and push down into the table, lifting your body up. Lower yourself back down and repeat.



15. Push-up

- Start out in a push up position with your arms slightly wider than shoulder width apart, knees straight, and feet together.
- Slowly lower your body to the ground then push yourself back up and repeat.



16. Bicep curls

- a. Begin by standing in an upright position holding a weight in one hand with your palm facing forward.
- b. Slowly curl the weight up toward your shoulder, then lower it back down.



17. Seated tricep extension

- a. From seated position, hold a small weight in one hand. Lift your hand with the weight straight over head. Use your opposite arm to support the movement arm.
- b. Slowly bend your elbow and then return back to the starting position.



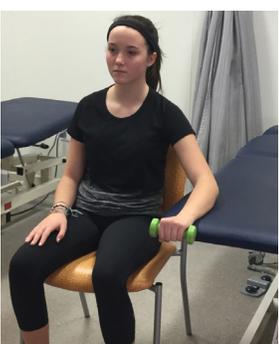
18. Wrist extension with weight

- a. Sit alongside a supported surface with your arm rested at your side on the table. Start with a weight in your hand and your palm facing down.
- b. Extend your wrist up toward your body, then slowly return to the starting position. Do not lift your forearm off the table.



19. Wrist flexion with weight

- a. Sit alongside a supported surface with your arm rested at your side on the table. Start with a weight in hand and your palm facing up.
- b. Flex your wrist toward your body then slowly return to the starting position.



20. Wrist supination and pronation with weight

- a. Sit alongside a supported surface with your thumb facing up.
- b. Slowly rotate your palm up and then return to the starting position. Repeat the exercise with rotating your palm down and returning to the starting position. Make sure you keep your wrist straight during the movement.

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