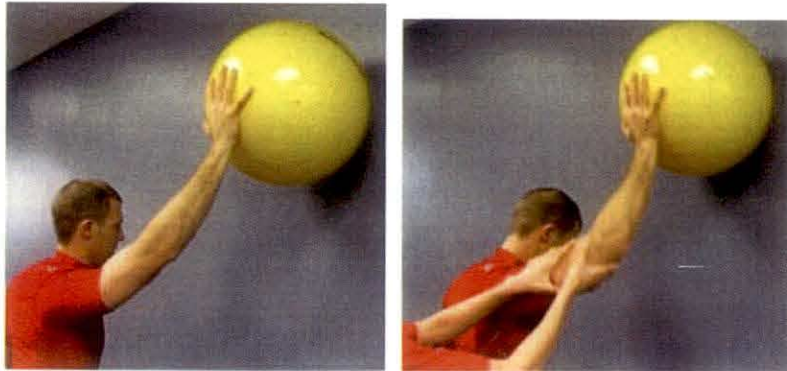


Closed Chain Perturbations at Release Point



Begin this exercise by getting a stability ball and placing it on the wall at your release point with your overhead throw. Set your scapula by depressing and pinching them together.

Next have a partner grab just above your elbow and try to move your arm. Your job is to try and keep your arm in the same position as when you started. Your partner can make this more challenging by adding more aggressive, quicker or multi-directional perturbations.

