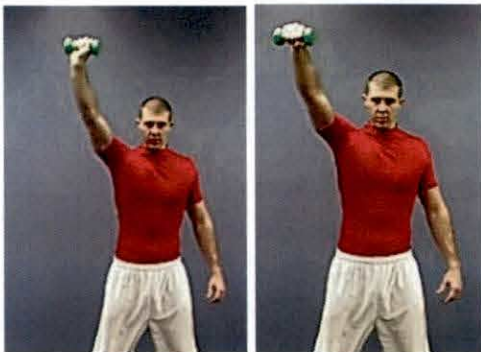


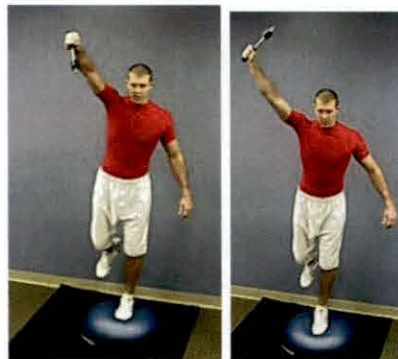
Thrower's Ten

This **thrower's ten** may be a little different from a thrower's ten that you may have seen elsewhere. Some of the other thrower's ten exercises may not be performed in a sport specific position. Some promote performing these exercises in a seated position or even with the muscles that are being strengthened in a supported position. The philosophy behind these exercises is to promote a functional, sport specific position. First begin these exercises with both feet on the floor, once they are no longer challenging, then begin challenging your balance by performing them on your contralateral lower extremity secondary to the opposite lower extremity being so important in throwing for funneling your energy. Then you can progress to an appropriate balancing tool such as a foam roll or pad, balance board or any other preferred balance apparatus.

(1) Wrist Flexion/Extension



Supination/Pronation



(2) Elbow Extension and Flexion



(3) Serratus Punch in Scaption



(4) Middle Deltoid Raise to 90°



(5) Scaption to 90°



(6) Prone Horizontal Abduction



(7) Internal/External Rotation @ 0° and 90°



(8) Push-up



Progression from the wall push up to table with a stability ball then to floor with a medicine ball.



(9) Prone Rows



(10)PNF D2

