

# Thrower's Ten

## Thrower's Ten Exercise Program

Dr. James Sostak

Items Needed:

- One light resistance band tube (can be purchased at most sporting good stores)
- A 2 pound dumbbell

Perform:

- 2-3 sets of 10 for each exercise
- 3-4 times weekly



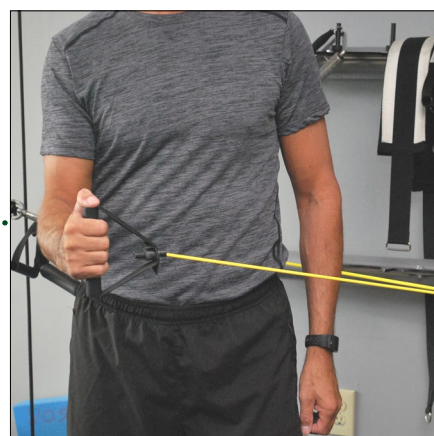
### Diagonal Pattern D2 Extension

Involvement hand will grip tubing handle overhead and out to the side. Pull tubing down and across your body to the opposite side of leg. During the motion, lead with your thumb.



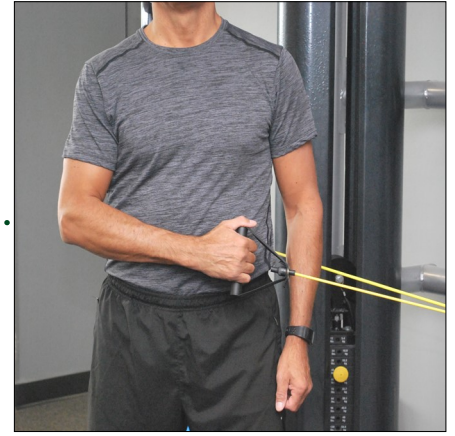
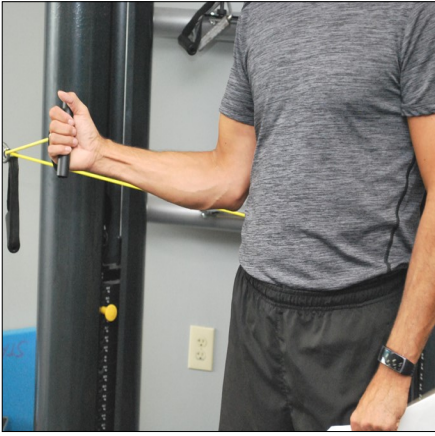
### Diagonal Pattern D2 Flexion

Gripping tubing handle in hand of involved arm, begin with arm out from side 45 degrees and palm facing backward. After turning palm forward, proceed to flex elbow and bring arm up and over the uninvolved shoulder. Turn palm down and reverse to take arm back to starting position. This exercise should be done in a controlled manner.



### External Rotation at 0 degrees Abduction

Stand with involved elbow fixed at side, elbow at 90 degrees and involved arm across front of body. Grip tubing handle while the other end of the tubing is fixed to a stationary object. Pull out the arm, keeping elbow at side. Return tubing slowly and in a controlled manner.



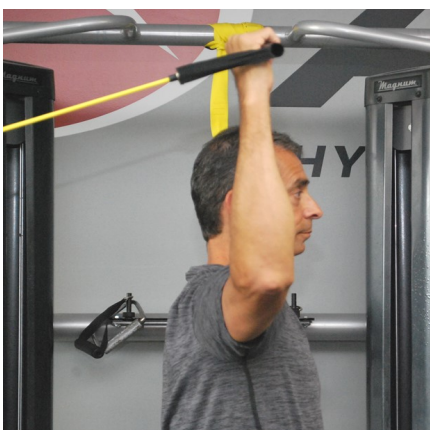
**Internal Rotation at 0 degrees Abduction**

Standing with elbow at side, fixed at 90 degrees and should rotated out. Grip tubing handle while other end of tubing is fixed to a stationary object. Pull arm across body, keeping elbow at side. Return tubing slowly and controlled.



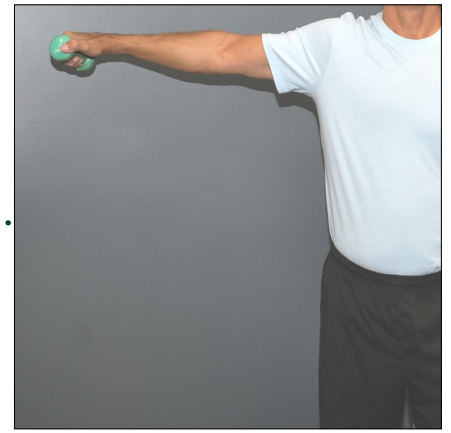
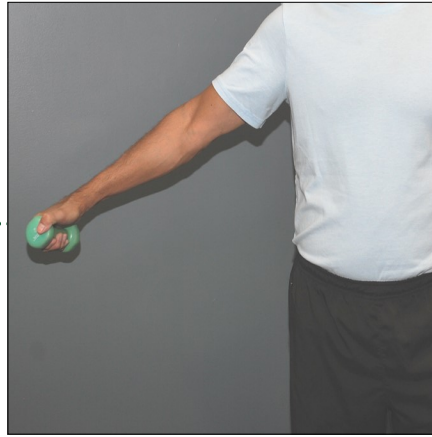
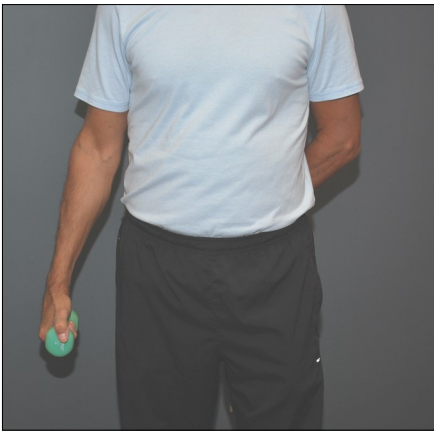
**External Rotation at 90 degrees Abduction**

Stand with shoulder abducted 90 degrees and elbow flexed 90 degrees. Grip tubing handle while the other end is fixed straight ahead, slightly lower than the shoulder. Keeping shoulder abducted, rotate the shoulder back, keeping elbow at 90 degrees. Return tubing and hand to start position.



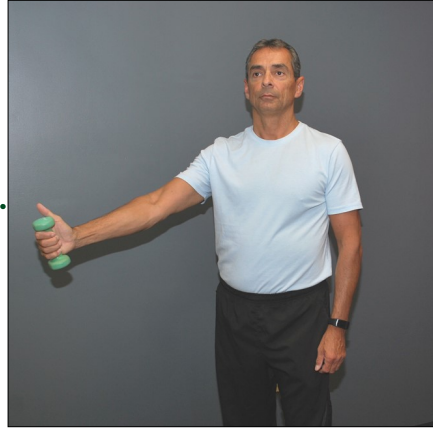
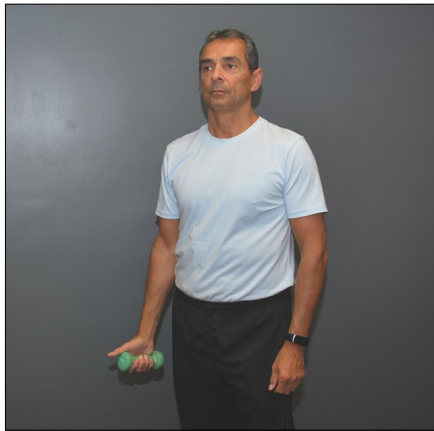
**Internal Rotation at 90 degrees Abduction**

Stand with shoulder abducted to 90 degrees, externally rotated 90 degrees and elbow bent 90 degrees. Keeping shoulder abducted, rotate shoulder forward, keeping elbow bent at 90 degrees. Return tubing and hand to start position.



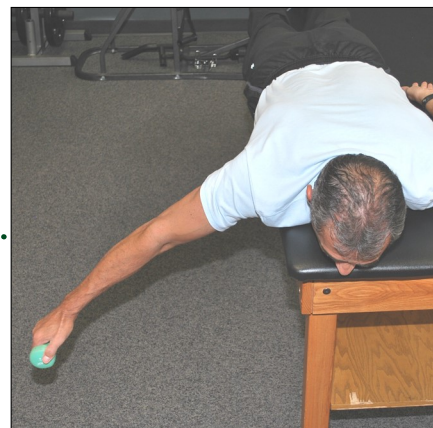
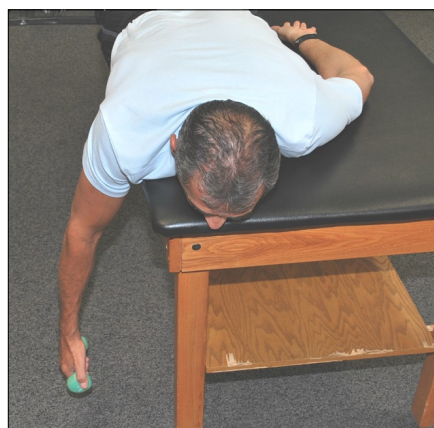
### Shoulder Abduction to 90 degrees

Stand with arm at side, elbow straight, and palm against side. Raise arm to the side, palm down, until arm reaches 90 degrees (shoulder level). Hold 2 seconds and lower slowly.



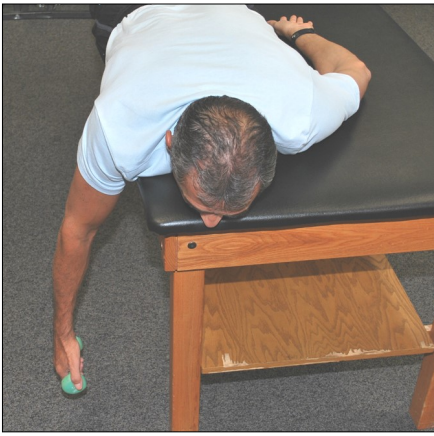
### Scapular Plane Raises

Stand with elbow straight and thumb up. Raise arm to shoulder level at 30 degree angle in front of body. Do not go above shoulder height. Hold two seconds and lower slowly.



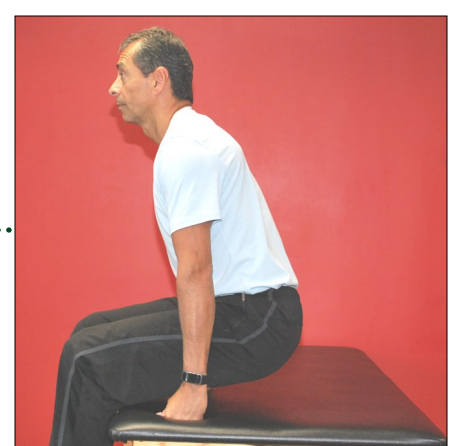
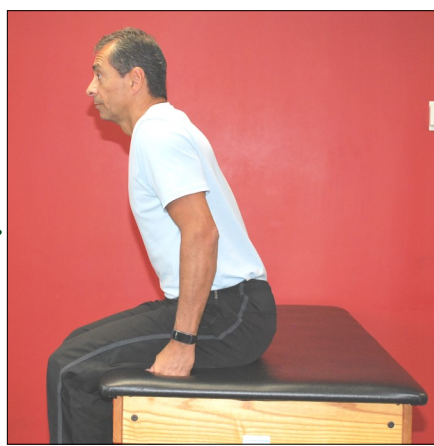
### Prone Horizontal Abduction (Neutral)

Lie on table, face down, with involved arm hanging straight to the floor, palm facing down. Raise arm out to side, parallel to floor. Hold 2 seconds and lower slowly.



### Prone Horizontal Abduction (Full External Rotation, 100 degrees Abduction)

Lie on table, face down, with involved arm hanging straight to the floor, thumb rotated up (hitchhiker position). Raise arm out to the side slightly in front of shoulder, parallel to the floor. Hold 2 seconds and lower slowly.



### Press-Ups

Seated on a chair or table, place both hands firmly on the sides of the chair or table, palm down and fingers pointed outward. Hands should be placed equal with shoulders. Slowly push downward through the hands to elevate your body. Hold the elevated position for 2 seconds and lower slowly.



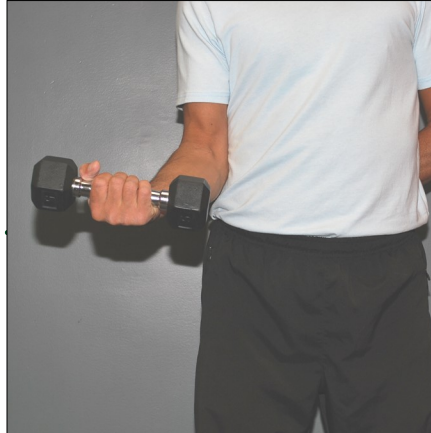
### Prone Rowing

Lying on your stomach, with your involved arm hanging over the side of the table, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow and bring dumbbell as high as possible. Hold at the top for 2 seconds, then slowly lower.



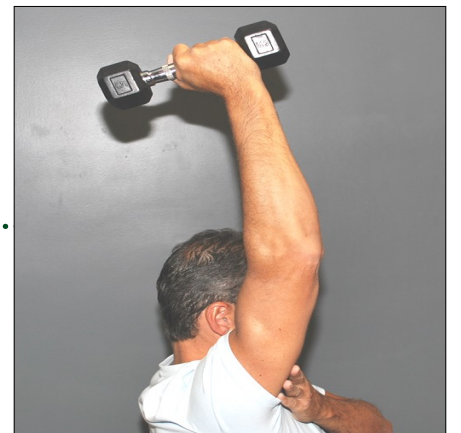
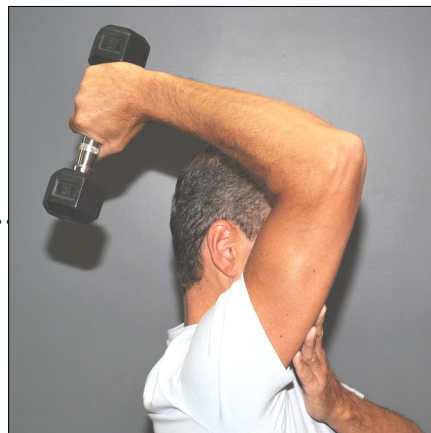
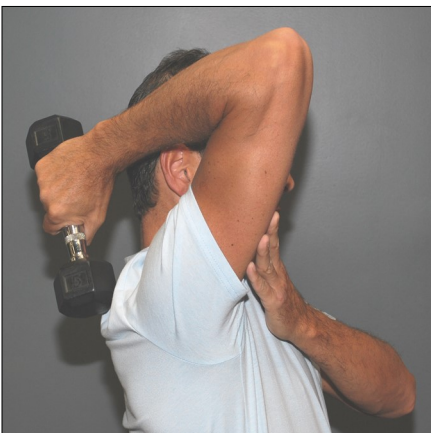
### Push-Ups

Start in the down position. Place hands no more than shoulder width apart. Push up as high as possible, rolling shoulders forward after elbows are straight. Start with a push-up into wall, then gradually progress to tabletop and eventually to the floor as tolerable.



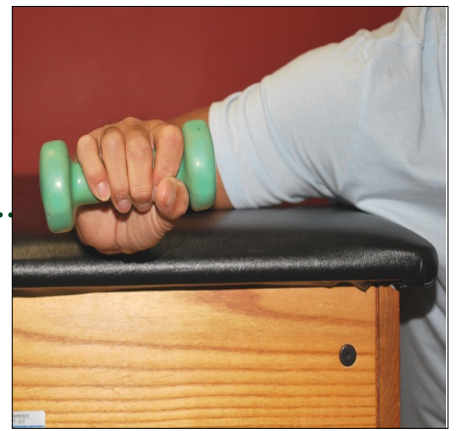
### Elbow Flexion

Standing with arm against side and palm facing inward, bend elbow upward turning palm up as you progress, hold 2 seconds and lower slowly.



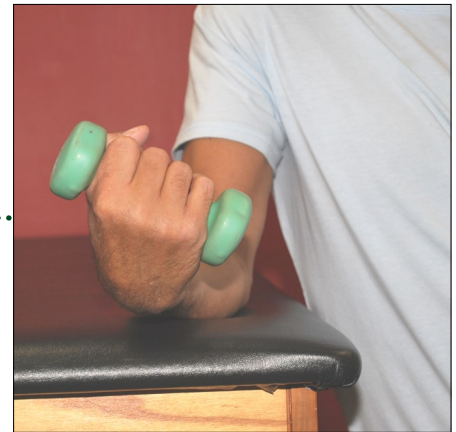
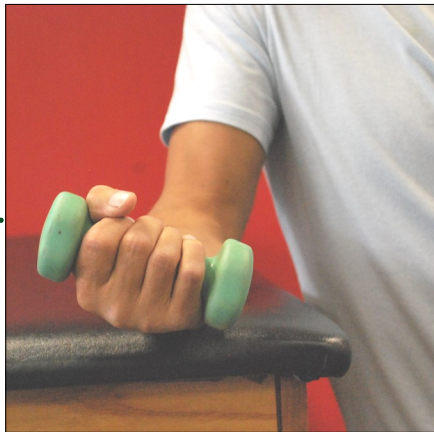
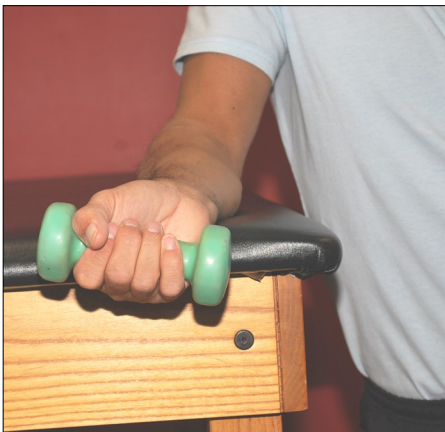
### Elbow Extension (Abduction)

Raise involved arm overhead. Provide support at elbow from uninvolved hand. Straighten arm overhead. Hold 2 seconds, then lower slowly.



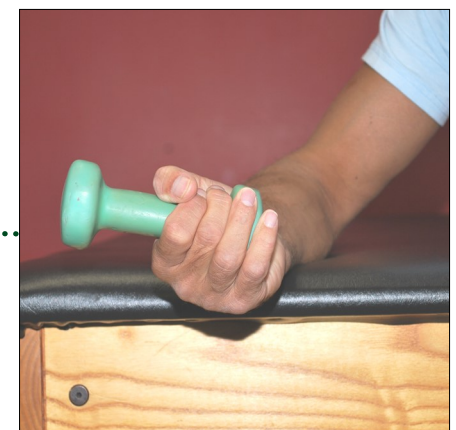
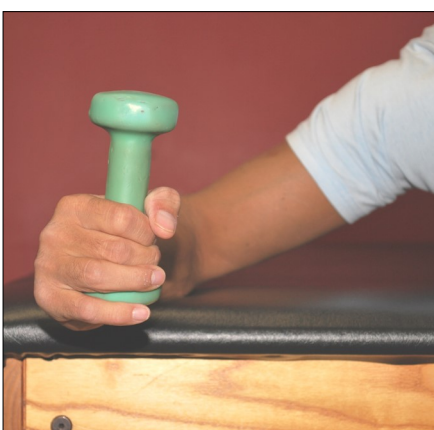
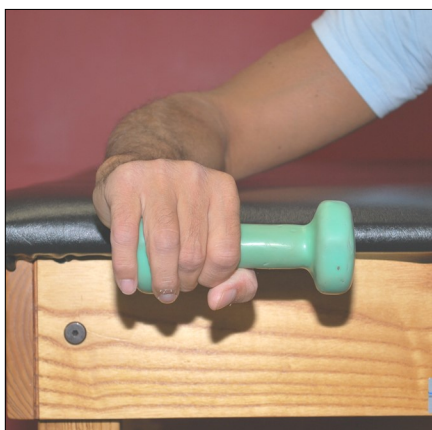
### Wrist Extension

Supporting the forearm and with palm facing downward, raise weight in hand as far as possible. Hold 2 seconds, then lower slowly.



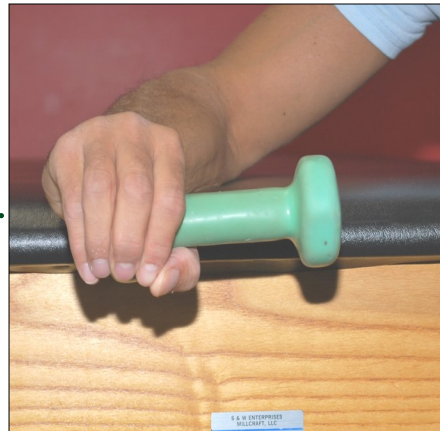
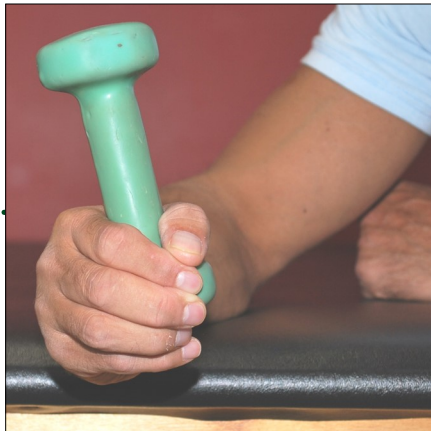
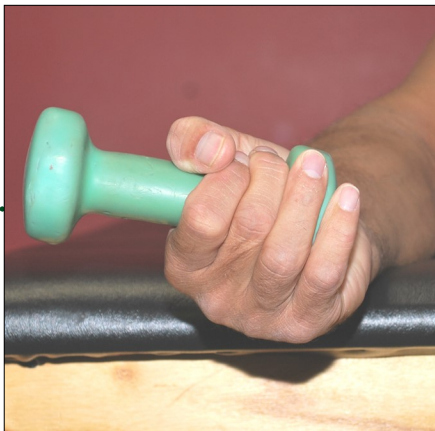
### Wrist Flexion

Supporting the forearm and with palm facing upward, lower a weight in hand as far as possible, then curl it up as high as possible. Hold for 2 seconds and lower slowly.



### Wrist Supination

With forearm supported on table with wrist in neutral position, use a weight or hammer to roll wrist to the palm up position. Hold for 2 seconds and return to starting position.



### **Wrist Pronation**

Forearm should be supported on a table with the wrist in a neutral position. Using a weight or hammer, roll wrist to the palm down position. Hold 2 seconds and return to starting position.



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Geneva North Office  
2535 Soderquist Court  
Geneva, IL 60034

Geneva South Office  
2525 Kaneville Road  
Geneva, IL 60134

Elgin Office  
1975 Lin Lor Lane, Plaza Suite  
Elgin, IL 60123

**(630) 584-1400 | [fvortho.com/doctors/dr-james-sostak](http://fvortho.com/doctors/dr-james-sostak)**