



# Shoulder Strengthening for Throwers

## Open Book Stretch



Begin by lying on your side, with a slight bend in the knees and arms extended, hands together. Lift your top arm towards the ceiling and rotate your torso to reach behind you, with the top arm remaining straight.

**Reps: 10 reps with a 10 second hold**

**Sets: 2 sets each side**

**Frequency: 1x/day, 7 days/week**

## Sidelying External Rotation



Begin by lying on your side with your elbow bent to 90 degrees and squeeze a towel between your elbow and your side. Keeping your elbow bent and at your side, rotate your hand up from your stomach towards the ceiling. When fully lifted, slowly lower it back to the starting position.

**Reps: 10**

**Sets: 3**

**Frequency: 2-3x/wk (try not to do 2 days in a row)**

## Banded External Rotation in Neutral



Begin by placing an exercise band at chest height securely in a doorjam. Standing perpendicular to the doorway with the arm you wish to exercise furthest from the doorway. Place a towel roll between your elbow and your side and bend the elbow to be exercised to 90 degrees. Slowly pull the band away from you, keeping your elbow bent and upper arm at your side.

**Reps: 10**

**Sets: 3**

**Frequency: 2-3x/wk (try not to do 2 days in a row)**

## Banded External Rotation at 90 degrees



Begin by placing an exercise band high up in a doorway. Stand facing the door. Grasp the band with the arm you wish to exercise and lift your arm up to the side until it is parallel with the floor. Bend your elbow until it is at 90 degrees with your fist pointed toward the door. Slowly rotate at your shoulder, bringing your fist upward toward the ceiling, keeping your upper arm parallel to the ground and your elbow bent to 90 degrees.

**Reps: 10**

**Sets: 3**

**Frequency: 2-3x/wk (try not to do 2 days in a row)**

## Banded Internal Rotation in Neutral



Begin by placing an exercise band at chest height securely in a doorjam. Standing perpendicular to the doorway with the arm you wish to exercise closest to the doorway. Place a towel roll between your elbow and your side and bend the elbow to be exercised to 90 degrees. Slowly pull the band toward your stomach, keeping your elbow bent and upper arm at your side.

**Reps: 10**

**Sets: 3**

**Frequency: 2-3x/wk (try not to do 2 days in a row)**

## Banded Internal Rotation at 90 degrees



Begin by placing an exercise band high up in a doorway. Stand facing away from the door. Grasp the band with the arm you wish to exercise and lift your arm up to the side until it is parallel with the floor. Bend your elbow until it is at 90 degrees with your fist pointed toward the ceiling. Slowly rotate at your shoulder, bringing your fist downward toward the ground, keeping your upper arm parallel to the ground and your elbow bent to 90 degrees.

**Reps: 10**

**Sets: 3**

**Frequency: 2-3x/wk (try not to do 2 days in a row)**

## Prone T/Prone Y



( T )



( Y )

T: Begin by lying on a table or bench, with one arm held out in a T position, thumb positioned towards the ceiling. Lift the arm up towards the ceiling while squeezing the shoulder blade.

Y: Begin by lying on a table or bench, with one arm held above your head and slightly out to the side in a Y position, thumb positioned up towards the ceiling. Lift the arm up towards the ceiling while squeezing the shoulder blade.

**Reps: 10-15 reps**

**Sets: 2 sets in each position**

**Frequency: 2-3x/wk (try not to do 2 days in a row)**

## Scaptions



Begin by standing on one end of an exercise band. Grasp the other end of the exercise band and place the arm at your side. Keeping the elbow straight, lift the arm to be exercised at a 45 degree angle from your side until it is parallel to the floor (90 degrees) or slightly above. Slowly return to starting position.

**Reps: 10**

**Sets: 3**

**Frequency: 2-3x/wk (try not to do 2 days in a row)**

## Rows into External Rotation



Begin standing with a band anchored in front of you at chest height. Perform a high row so that your shoulders are out to the side at 90 degrees and your elbows are bent to 90 degrees, forearms parallel with the floor. Rotate your arms so that your forearms become vertical. Return to starting position.

**Reps: 10-15 reps**

**Sets: 2 sets in each position**

**Frequency: 2-3x/wk (try not to do 2 days in a row)**

## No Moneys



Holding a band in both hands, bend your elbows so that they are at 90 degrees and squeeze your elbows in to your sides. Keeping your elbows at your sides, rotate your arms outwards, bringing your hands apart. Squeeze your shoulder blades together as you do so.

**Reps: 10-15 reps**

**Sets: 2 sets in each position**

**Frequency: 2-3x/wk (try not to do 2 days in a row)**

## Wall Angels



Stand with your back against a wall. Engage your shoulder blade muscles to bring your scapula down and back, and then place your arms in a 'W' position with your elbows, wrists, and back of hands against the wall. Move your arms up and down as if making a 'snow angel' while keeping everything in contact with the wall.

**Reps: 10-15 reps**

**Sets: 2 sets in each position**

**Frequency: 2-3x/wk (try not to do 2 days in a row)**

## Push Up Plus



Start in a pushup position. Engage your core and push through your arms to perform a push up. Once your arms are straight, perform a "plus" by pushing further into the floor to separate your shoulder blades apart, creating a rounding of your shoulders. This will engage your shoulder blade muscles. Then begin to lower into a push up again, stop at 90 degrees of elbow bend and repeat. Tip: Do not allow your low back to sag.

**Reps: 8-10 (as many as you can while keeping good form)**

**Sets: 2-3**

**Frequency: 2-3x/wk (try not to do 2 days in a row)**

This content is for informational and educational purposes only. It does not take the place of medical advice or treatment from a physical therapist or other healthcare provider. Please consult with a physical therapist or healthcare provider for specific health concerns or questions.