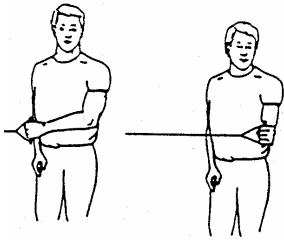
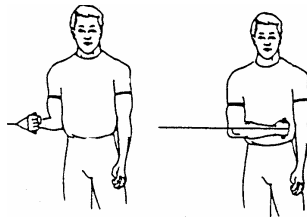


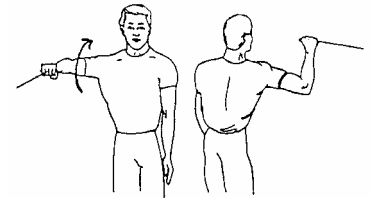
Thrower's Maintenance Program



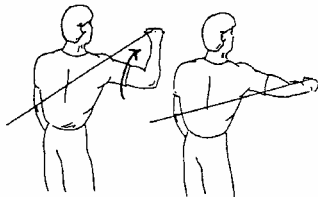
Elbow at 90° and fixed at side. Pull out with arm keeping elbow at side



Elbow at 90° and fixed at side. Pull arm into body keeping elbow at side.



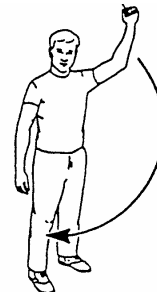
Shoulder at 90° and elbow at 90°. Rotate shoulder back keeping elbow at 90°.



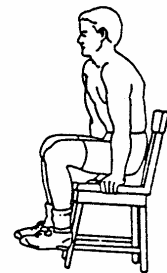
Shoulder at 90° and elbow at 90°. Rotate shoulder forward keeping elbow at 90°.



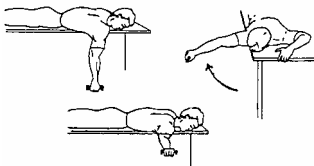
Grip tubing and begin with palm facing down and arm by side. Keeping elbow slightly bent, pull arm overhead.



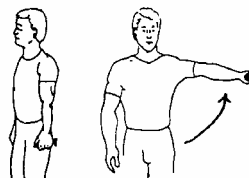
Grip tubing overhead and out to side. Pull down and across body to opposite leg.



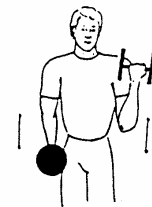
Seated on chair or table, hands shoulder width apart, push body off table and hold 2 seconds.



Lie on table, face down, and arm hanging towards floor. Lift arm out to side parallel to floor.



Stand with arm to side and keeping elbow straight, raise arm to 90°.

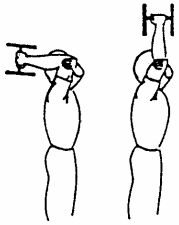


Begin with arm against side and bend elbow up to shoulder.

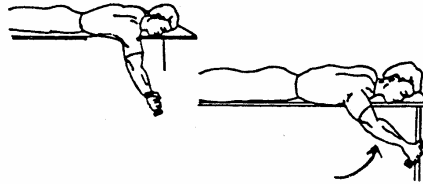


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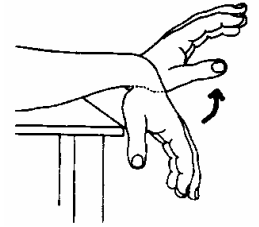
Thrower's Maintenance Program



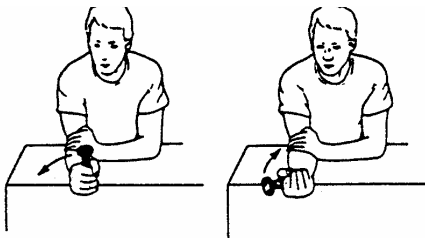
Raise arm overhead, support elbow with opposite hand. Straighten arm overhead.



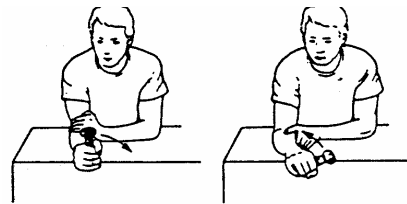
Lie face down, arm hanging straight to the floor, and thumb rotated up. Raise out to the side with arm slightly in front of shoulder, parallel to the floor.



Support the forearm with palm facing down. Using weight in hand, raise weight as far as possible.



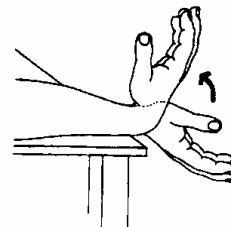
Forearm supported on table, wrist in neutral position. Using a weight or hammer, roll wrist taking palm up, and return to neutral.



Forearm supported on table, wrist in neutral position. Using a weight or hammer, roll wrist taking palm down, and return to neutral.



Lie face down, arm hanging over table, dumbbell in hand. Raise arm bending elbow, and bring weight up as high as possible.



Support the forearm with palm facing up. Using weight in hand, curl weight up as high as possible.



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Core Strength for Pitchers

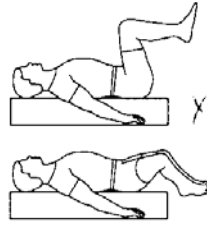
Complete ___ sets of ___ reps ___ times a day.



Lie on back, knees bent, arms at side. Lift head and shoulders off floor towards knees



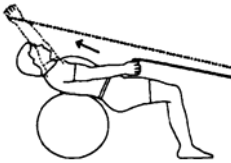
Start on all fours. Extent right leg and left arm at same time. Reverse and repeat.



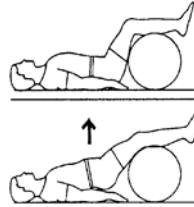
Lie on back with hips at 90 degrees and knees at 90 degrees. Roll hips side to side.



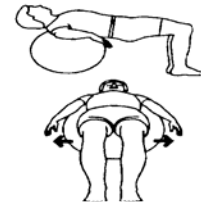
Balancing on one leg, squat down as low as possible while maintaining balance.



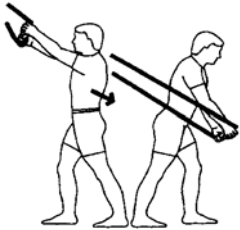
Lie on Swiss ball with 2 T-bands secured. Alternate shoulder flexion with arms straight.



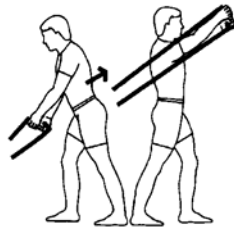
Lay calves over Swiss ball. Use hips/abs to push butt off ground. Keep a straight line from knees to shoulders.



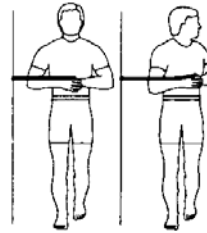
Lie back on Swiss ball with knees at 90 degrees. Keep a straight line between knees and shoulders.



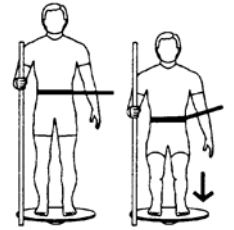
Secure T-band overhead. Grasp with 2 hands and pull across and down body. Keep feet planted, rotating hips.



Secure T-band at floor level. Grasp with 2 hands. Pull up and across body keeping feet planted while rotating hips.



Secure T-band at waist level. Standing on one leg, rotate waist away from the resistance.



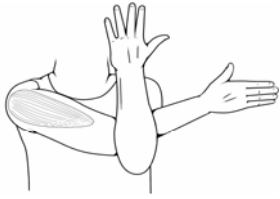
Secure T-band around waist while standing on a uneven surface. Perform mini squats.



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Pitchers Shoulder Program

Complete ___ sets of ___ reps ___ times a day.



Hold elbow with other arm. Gently flex the bent arm which will pull the other. Bring involved arm across in arm across chest until a stretch is felt in the back of shoulder.



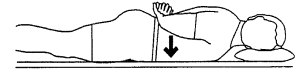
Lie on your side on a flat surface. Bring involved arm across in front of body as shown. Push down on hand toward table. Gently pull across chest until a stretch is felt in the back of shoulder.



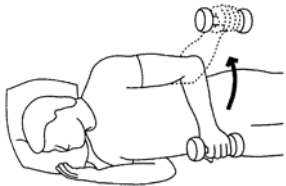
Raise involved arm over and behind head, elbow bent. Grasp elbow of involved arm with uninvolved arm. Pull gently.



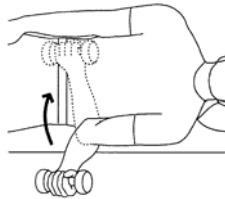
Hold involved arm over shoulder with towel as shown. Grasp towel with involved arm. Slowly pull downward with uninvolved arm until a gentle stretch is felt, in back of shoulder.



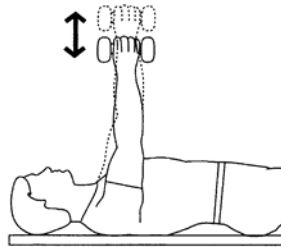
Lie face down, place hand behind back as far as possible. Try to relax into stretch. A small pillow may be placed between upper arm and floor, to make stretch less intense.



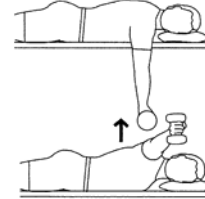
Lie on involved side, elbow bent at 90 degrees, arm at side. With or without weight, pull hand inward across body, as shown.



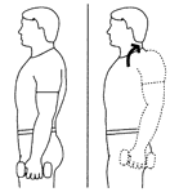
Lie on involved side, elbow bent at 90 degrees, arm at side. With or without weight, pull hand inward across body, as shown.



Lie on back, arm straight and extended. Move arm up toward ceiling as far as possible as shown.



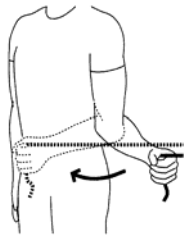
Lie face down, arms down and thumbs upward. Raise arms and hands to shoulder height, keeping elbows straight and squeezing shoulder blades together.



Stand with arms at side, with or without weight. Raise shoulders upward towards ears, and roll backwards.



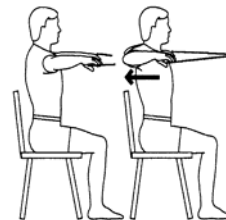
Slightly bend hips and knees and support upper body with other arm as shown. Lift arm up, raising elbow to shoulder height.



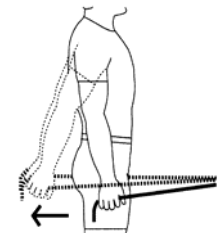
Secure elastic at waist level. Hold elbow at 90 degrees arm at side. Pull hand across body as shown.



Secure elastic at waist level. Hold elbow at 90 degrees arm at side. Pull hand away from body as shown.



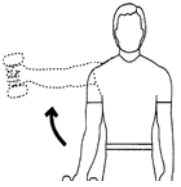
Attach elastic to secure object. With elastic in hands, sit in chair with proper posture. Squeeze shoulder blades together, as shown.



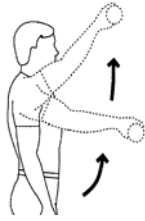
Secure elastic at waist level. Arm at side fully extended. Pull hand backward, keeping elbow straight.



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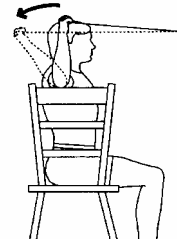
Hold arm at side, elbow straight, palm forward. Raise arm upward, out to side.



Start with arm at side, elbow straight, thumb up. Raise arm up to shoulder height, and if instructed, overhead, as shown.



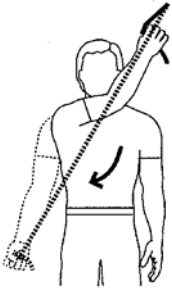
Hold arm out from side, thumb up, at 45degrees as shown. Raise arm to shoulder level.



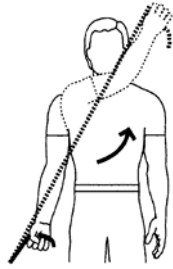
Secure T-band. Keep shoulder at 90 degrees and elbow at 90 degrees. Move forearm backward.



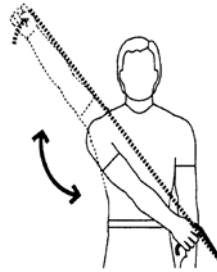
Position arm at 45 degrees and elbow at 90 degrees. Rotate arm up and down through small arc.



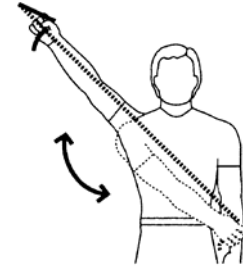
D1 Pattern : Attach T-band overhead. Grab T-band with palm in and pull down across body rotating palm out



D1 Pattern: Attach T-band at floor level. Grab T-band with palm down. Lift arm upward and across body. Finish with palm turned in.



D2 Pattern: Attach T-band at floor level. Grab T-band with palm down and lift across body. Finish with palm turned out.



D2 pattern: Attach T-band overhead. Grab T-band with palm out, pull down and across body. Finish with palm in.