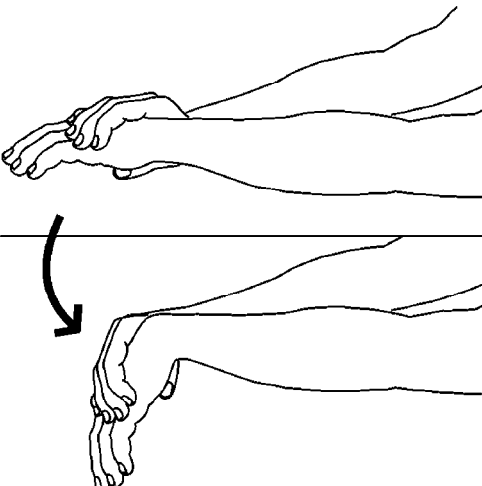


Comment:

Make sure you ice shoulder after throwing. 20 minutes.



Stretch wrist extensors straight arm

- Begin with elbow straight.
- With other hand, grasp at thumb side of hand and bend wrist downward.
- To increase the stretch, bend wrist toward small finger.

Perform 1 set of 10 Repetitions,
once a day.

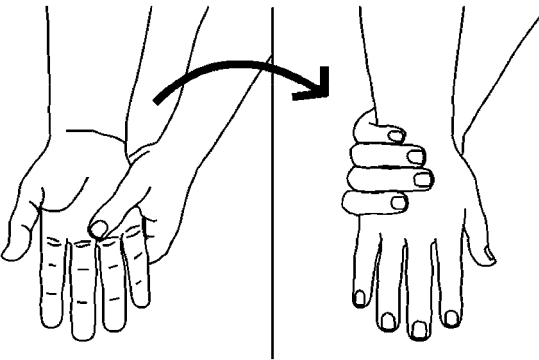
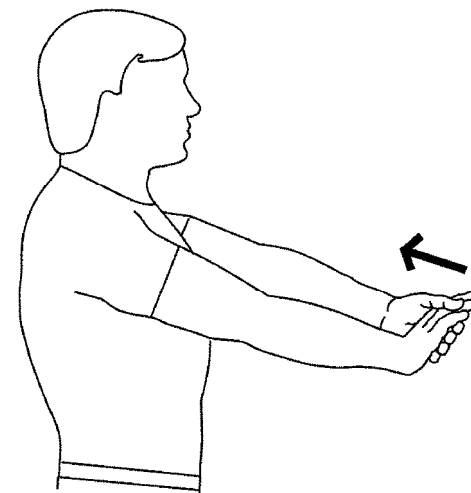
Hold exercise for 10 Seconds.

Stretch wrist flexors straight arm pron

- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull back hand gently, as shown.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.



PROM elbow sup/pron w/self

- Grasp your involved arm at wrist or hand.
- Rotate wrist and forearm through available range, and return to start position.

Special Instructions:
Use a firm, yet soft grip, cradling arm.
Do not squeeze over bony areas.

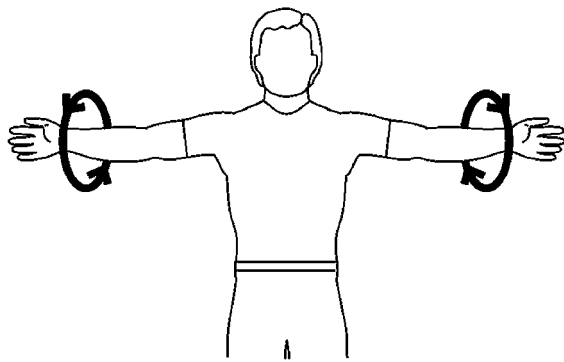
Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.

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AROM shld circum bil

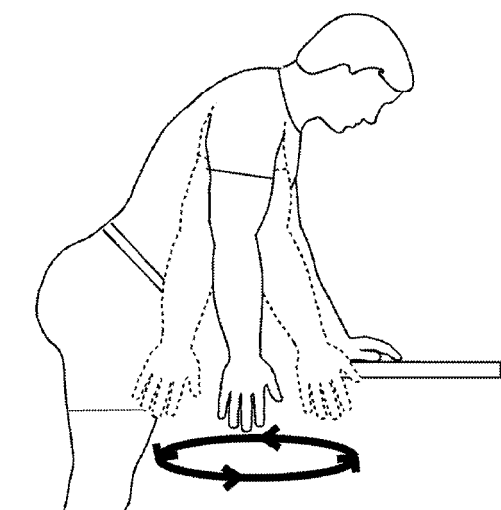
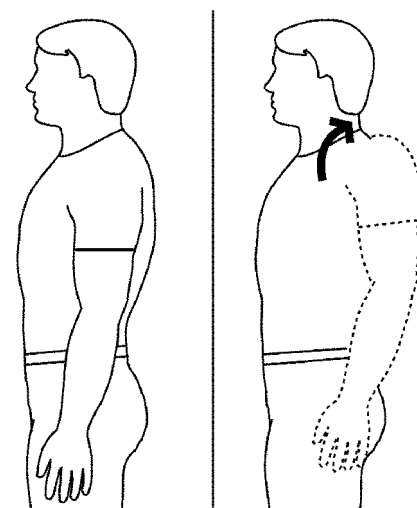
- Begin with arms straight out from body as shown.
- Move arms in circles.
- Alternate clockwise and counter-clockwise.

Perform 3 sets of 10 Repetitions,
once a day.

AROM shld elev/retract bil (shld rolls)

- Stand or sit, raise shoulders upward toward ears, and roll backwards.
- Return to start position.

Perform 3 sets of 10 Repetitions,
once a day.



AROM shld pendulum

- Lean over table as shown, supported by uninvolved arm.
- Allow involved arm to hang freely.
- Use trunk movement to swing arm in circles, side to side, and front to back, as shown.

Special Instructions:

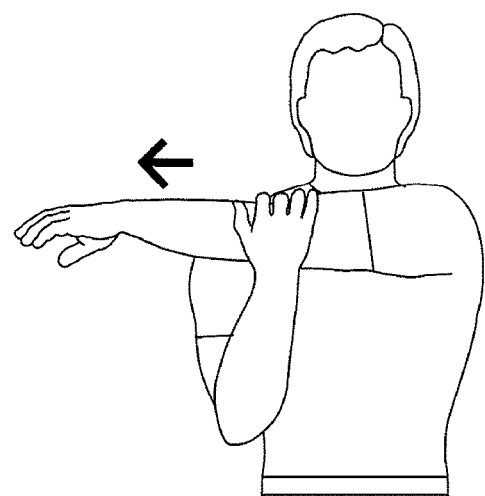
Counter clockwise, Clockwise and across the body.

Perform 3 sets of 10 Repetitions,
once a day.

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Stretch shld capsule posterior w/arm

- Bring involved arm across in front of body as shown.
- Hold elbow with other arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.

Perform 1 set of 5 Repetitions,
once a day.

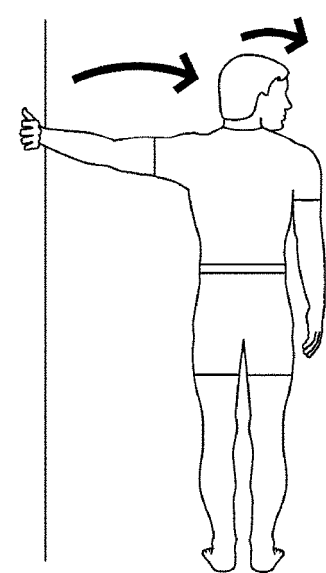
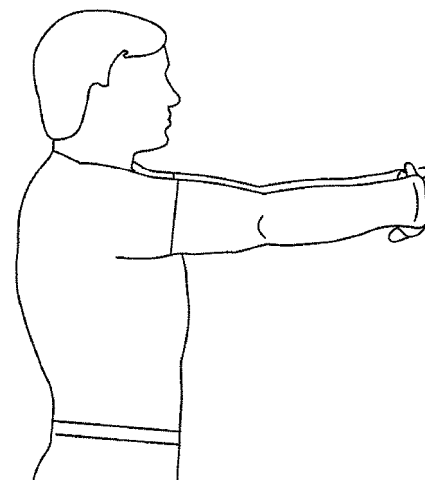
Hold exercise for 10 Seconds.

Stretch Rhomboids, wrist flexors bil (front)

- Interlock fingers of both hands.
- Straighten arms in front, palms facing outward.
- Hold and repeat.

Perform 1 set of 5 Repetitions,
once a day.

Hold exercise for 5 Seconds.



Stretch cerv/thoracic/arm neural

- Stand with left arm on wall, hand backward as shown.
- Slowly turn body outward until as stretch is felt across chest.
- Slowly turn neck to right until a stretch is felt down the front of arm.

Perform 1 set of 5 Repetitions,
once a day.

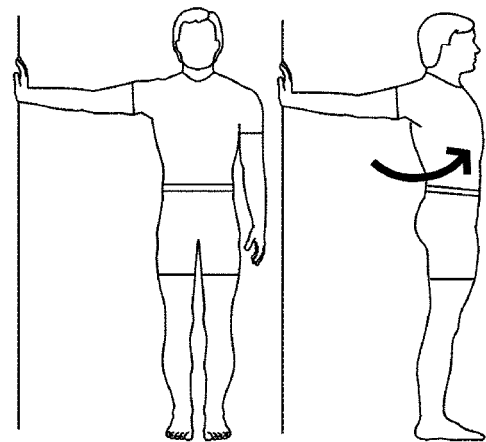
Hold exercise for 10 Seconds.

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Stretch Pectoral standing uni



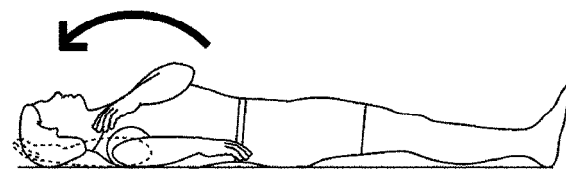
- Stand with arm on doorway as shown.
- Gently turn away, keeping back straight.
- Return to start position and repeat.
- Repeat with other arm.
- Perform exercise with hand at different levels.

Perform 1 set of 5 Repetitions,
once a day.

Hold exercise for 10 Seconds.

AROM shld ER/IR supine

- Lie on back.
- Move right arm out to side to 90 degrees.
- Bend elbow to 90 degrees with hand pointed upward, thumb in toward body.
- Place left hand on front of right shoulder.
- Slowly lower back of right hand to floor.
- Return to start position.
- Next, lower palm to floor.
- Repeat with other arm.



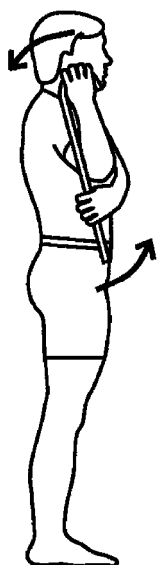
Special Instructions:

The hand on front of shoulder should keep the shoulder from rising up as the arm rotates. You can use a bat to help push arm downward.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.

Stretch shld ER uni w/cane



- Position cane behind arm and grasp handle in hand as shown.
- Hold end of cane with other hand.
- Slowly push up on end of cane until a gentle stretch is felt in the shoulder.

Special Instructions:

You can use a bat for this exercise.

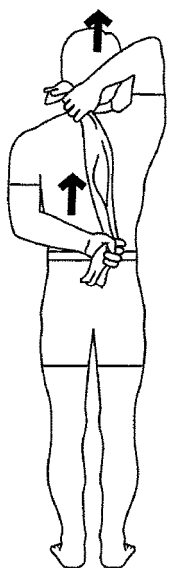
Perform 1 set of 5 Repetitions,
once a day.

Use Cane.
Hold exercise for 5 Seconds.

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Stretch shld IR w/towel

- Place involved arm behind back as far as possible.
- Hold other arm over shoulder with towel as shown.
- Grasp towel with involved arm.
- Slowly pull upward with uninjured arm until a gentle stretch is felt.
- Hold, relax and repeat.

Perform 1 set of 10 Repetitions,
once a day.

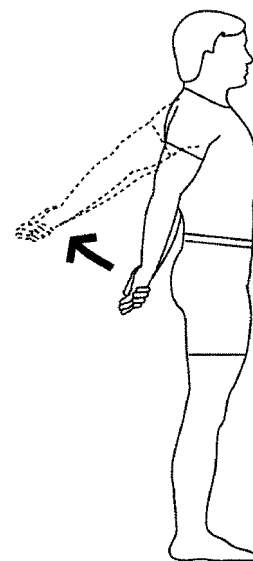
Hold exercise for 5 Seconds.

Stretch shld ext bil

- Grasp hands behind back.
- Move arms backward until stretch is felt across front of chest and shoulders.
- Relax and repeat.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.

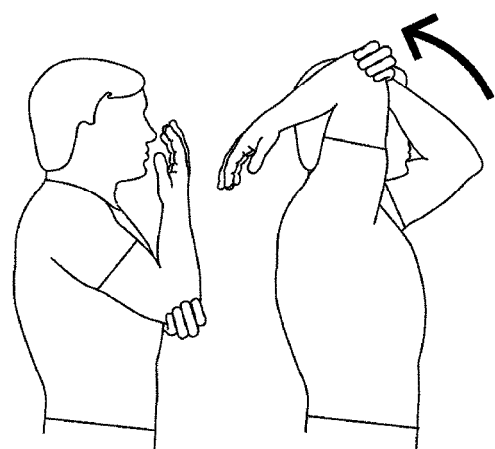


Stretch Triceps

- Begin with arm at side.
- Bend elbow of involved arm.
- With other arm, slowly lift arm overhead, keeping elbow bent.
- Relax and repeat.

Perform 1 set of 10 Repetitions,
once a day.

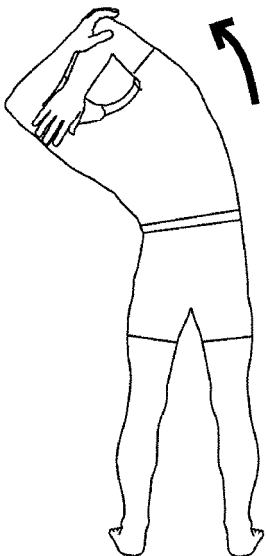
Hold exercise for 10 Seconds.



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Stretch Lattisimus/Obliques stand

- Raise right arm overhead behind head, holding with left arm.
- Bend knees slightly to provide better balance.
- Pull arm as you bend trunk to left.
- Repeat with other side.

Perform 1 set of 5 Repetitions,
once a day.

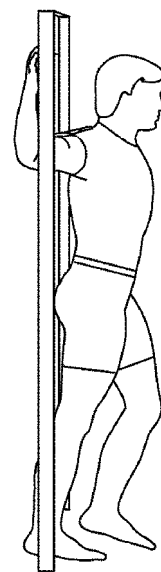
Hold exercise for 5 Seconds.

Stretch Pectoral standing w/shld ER

- Stand at doorway with forearms on doorframe, elbows bent to 90 degrees.
- Keep back straight and step forward with one leg until a gentle stretch is felt across chest and in front of shoulders.

Perform 1 set of 5 Repetitions,
once a day.

Hold exercise for 10 Seconds.

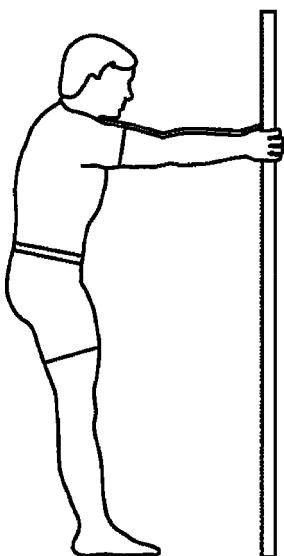


Stretch Rhomboids stand at door

- Hold onto door jamb or other rigid support with both hands.
- Keep elbows straight and lean back as shown, until a gentle stretch is felt between shoulder blades.

Perform 1 set of 5 Repetitions,
once a day.

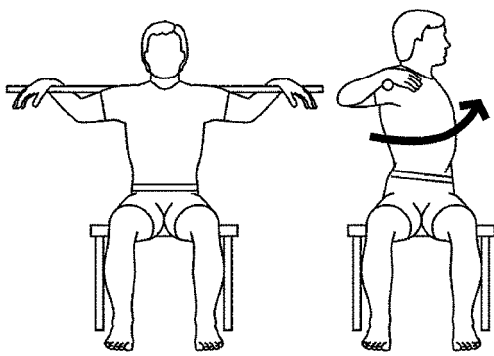
Hold exercise for 10 Seconds.



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AROM thoracic rotn w/cane

- Sit with good posture.
- Place cane or bat behind neck on shoulders.
- Rest arms on cane or bat.
- Look over left shoulder and twist to left.
- Return to start position and repeat to right.

Perform 1 set of 10 Repetitions,
once a day.

Use Cane.
Hold exercise for 5 Seconds.