ANDREW’S INSTITUTE THROWER’S TEN EXERCISE PROGRAM

Youtube link: https://www.youtube.com/watch?v=raXXmURK1RU

1. Internal Rotation

2. External Rotation

3. 90-90 External Rotation (far-no pain)

4. 90-90 Internal Rotation

5. Full Can Raises (Hold top for 1 second.)

6. Shldr Abduct’n Lat Raises (Palm down-Hold 1”)

7. Side Lying External Rotation (no pain ROM)

8. Horizontal Abduction (back to parallel max)
9. The “Y” (raise to limit of no pain)

10. Standing Row (activate back of shldr)

11. High Row into Ext Rotation (2-steps)

12. High Row (stability ball-pinche shldr blds)

13. Hi Row into Ext Rotation (2-step)

14. Lower Trap Ex (pinch blades, tilt back)

15. Bicep Curls

16. Tricep Extensions (support w/ hand)
17. Upward Wrist Extension (supported)

18. Wrist Flexion (curl)

19. Supinate/Pronate Wrist Rotations (2-step) (pause in the middle)
