

ANDREW'S INSTITUTE THROWER'S TEN EXERCISE PROGRAM

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

1. Internal Rotation



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



2. External Rotation



6. Shldr Abduct'n Lat Raises (Palm down-Hold 1")



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



7. Side Lying External Rotation (no pain ROM)



4. 90-90 Internal Rotation



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-pinch shldr blds)



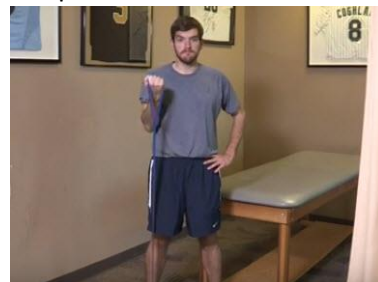
13. Hi Row into Ext Rotation (2-step)



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)



20. Sleeper Stretch: lying on side, rotated slightly
aft. Use hands to push rotate up/down.



21. Cross-Body Stretch. lying on side, rotated
slightly aft. Pull arm into internal rotation.

