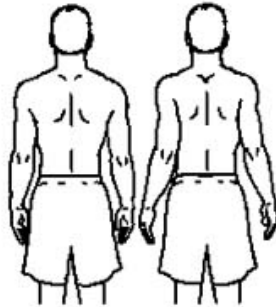


SHOULDER - 101 Scapular Retraction (Standing)

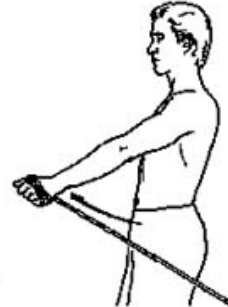
With arms at sides, pinch shoulder blades together.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 41 Strengthening: Resisted Flexion

Hold tubing with throwing arm at side. Pull forward and up. Move shoulder through pain-free range of motion.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 45 Strengthening: Resisted Extension

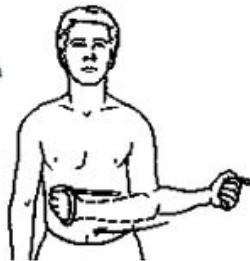
Hold tubing in throwing hand, arm forward. Pull arm back, elbow straight.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 44 Strengthening: Resisted Internal Rotation

Hold tubing in throwing hand, elbow at side and forearm out. Rotate forearm in across body.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 43 Strengthening: Resisted External Rotation

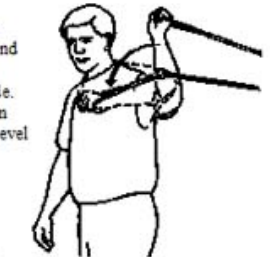
Hold tubing in throwing hand, elbow at side and forearm across body. Rotate forearm out.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

UPPER EXTREMITY - 41 Resistance: 90/90 Internal Rotation (Slow / Fast)

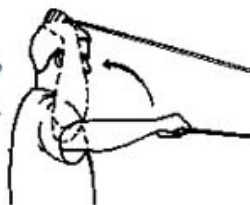
Face away from anchor in shoulder width stance. Bend throwing elbow to 90°, forearm up, arm out to side. Palm forward, pull forearm down slow until hand is level with elbow.



Repeat 15 times.
Rest 30 seconds after set.
Do 2 sets per session.

UPPER EXTREMITY - 42 Resistance: 90/90 External Rotation (Slow / Fast)

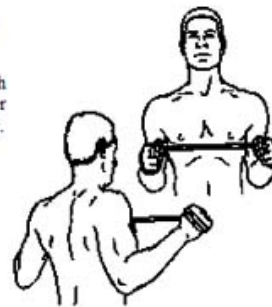
Face anchor in shoulder width stance. Bend throwing elbow to 90°, forearm forward, arm out to side. Palm down, pull forearm up slow to vertical.



Repeat 15 times.
Rest 30 seconds after set.
Do 1 sets per session.

SHOULDER - 112 Resisted External Rotation: in Neutral - Bilateral

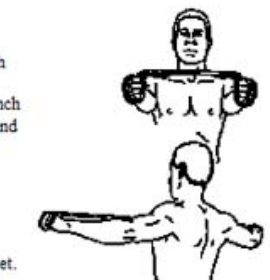
Sit or stand, tubing in both hands, elbows at sides, bent to 90°, forearms forward. Pinch shoulder blades together and rotate forearms out. Keep elbows at sides.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 113 Resisted Horizontal Abduction: Bilateral

Sit or stand, tubing in both hands, arms out in front. Keeping arms straight, pinch shoulder blades together and stretch arms out.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.