## Rehabilitation Program for the Throwing Shoulder Following Injection (10 day program)

## Day Activity

- 1-3 Light exercise/stretch Stretch: ER/IR @ 90 degrees abduction, flexion, horizontal adduction Strengthening: ER/IR tubing, full cans, prone rowing, biceps, side-lying ER Dumbbells
- 4 Thrower's Ten Program Stretch, play catch 30-45 feet, 25-30 throws
- 5 Thrower's Ten Program (w/ rhythmic stabilization)
- 6 Thrower's Ten Program Stretch, play catch 45-60 feet, 2 sets of 25-30 throws
- 7 Thrower's Ten Program Stretch, throw on a line @ 90 feet, 2 sets of 25-30 throws
- 8 Thrower's Ten Program (plyometrics)
- 9 Light exercise/stretch (see days 1-3) Throw on a line 90 feet, 3 sets of 25-30 throws
- 10 Light exercise/stretch (see days 1-3) Throw from mound (50% effort) 45-50 throws

Progress throwing program from mound or position as tolerated according to symptoms

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