

## 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