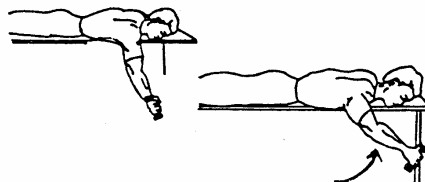


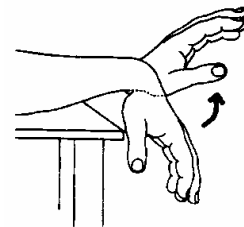
Thrower's Maintenance Program



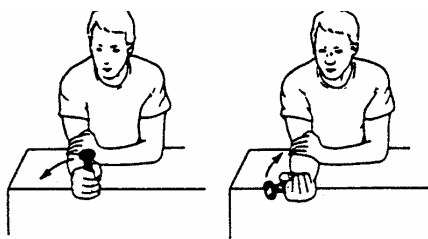
Raise arm overhead, support elbow with opposite hand. Straighten arm overhead.



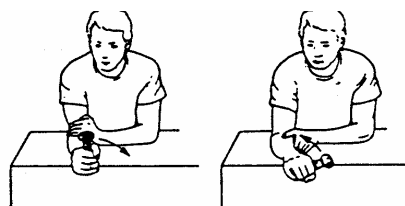
Lie face down, arm hanging straight to the floor, and thumb rotated up. Raise out to the side with arm slightly in front of shoulder, parallel to the floor.



Support the forearm with palm facing down. Using weight in hand, raise weight as far as possible.



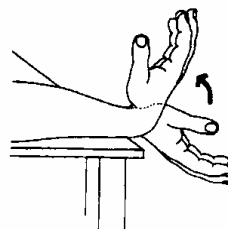
Forearm supported on table, wrist in neutral position. Using a weight or hammer, roll wrist taking palm up, and return to neutral.



Forearm supported on table, wrist in neutral position. Using a weight or hammer, roll wrist taking palm down, and return to neutral.



Lie face down, arm hanging over table, dumbbell in hand. Raise arm bending elbow, and bring weight up as high as possible.



Support the forearm with palm facing up. Using weight in hand, curl weight up as high as possible.



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