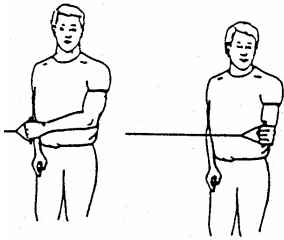
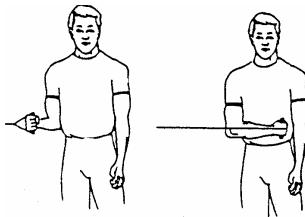


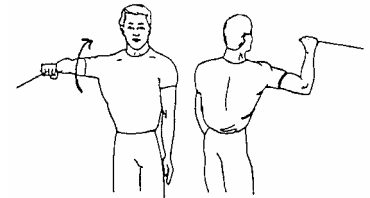
Thrower's Maintenance Program



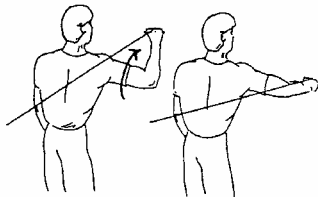
Elbow at 90° and fixed at side. Pull out with arm keeping elbow at side



Elbow at 90° and fixed at side. Pull arm into body keeping elbow at side.



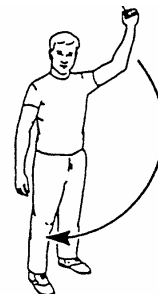
Shoulder at 90° and elbow at 90°. Rotate shoulder back keeping elbow at 90°.



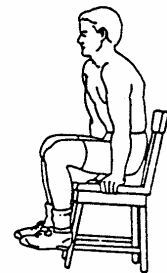
Shoulder at 90° and elbow at 90°. Rotate shoulder forward keeping elbow at 90°.



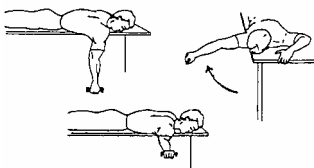
Grip tubing and begin with palm facing down and arm by side. Keeping elbow slightly bent, pull arm overhead.



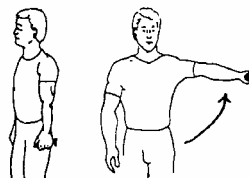
Grip tubing overhead and out to side. Pull down and across body to opposite leg.



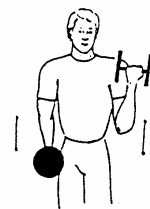
Seated on chair or table, hands shoulder width apart, push body off table and hold 2 seconds.



Lie on table, face down, and arm hanging towards floor. Lift arm out to side parallel to floor.



Stand with arm to side and keeping elbow straight, raise arm to 90°.



Begin with arm against side and bend elbow up to shoulder.



Vanderbilt Sports Medicine
Knee Center *and* Shoulder Center