



## Throwers Ten Exercises

1. Theraband/tubing 90/90 position for IR/ER (slow & fast sets)
2. Theraband/tubing for rhomboids
3. Theraband/tubing for lats
4. Theraband/tubing for biceps
5. Theraband/tubing diagonal D2 extension
6. Theraband/tubing diagonal D2 flexion
7. Dumbbell exercises for supraspinatus & delts
8. Serratus Anterior strengthening - push-ups (floor)
9. Continue self stretches
10. Continue trunk/LE strengthening

Reference:

Orthopedic and Sports Physical Therapy