



connections

PHYSICAL THERAPY

Connections Physical Therapy's Throwing Program is designed to strengthen the small and large muscles necessary for throwing. Below are key principles to be followed for in-season and off-season training.

****No pain should be felt during these exercises. It is important to consult a medical professional before beginning any new exercise program****

>> Off-Season Training: complete each exercise 2x10, 3x/week <<

>> In-Season Training: complete each exercise 1x10, 1-2x/week <<

Level 1 Exercises should be completed for two weeks before incorporating Level 2 Exercises

Level 1 Exercises

1. External/Internal Rotation (arm at side)



2. Shoulder Abduction to 90°



3. Elbow Flexion



5. Wrist Supination/Pronation (with hammer)



6. Prone T's (thumb up, thumb forward)





7. Prone Row's



Level 2 Exercises

8. D2 Flexion



9. D2 Extension



10. External Rotation (arm at 90°)



11. Internal Rotation (arm at 90°)



12. Push Up (Elevated Push Up → Level Surface)

