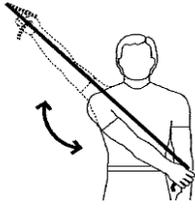
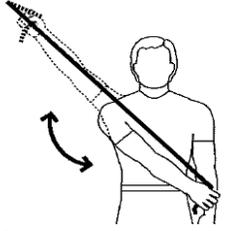
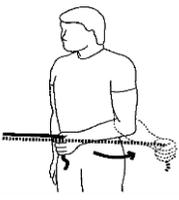
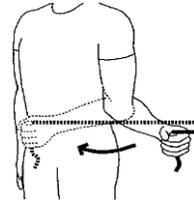
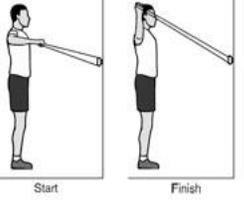
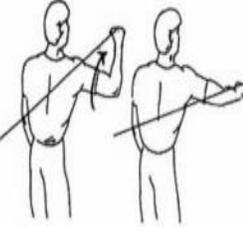
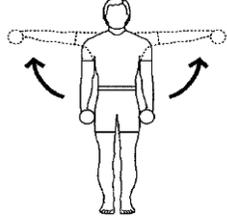
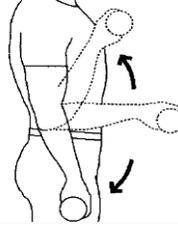
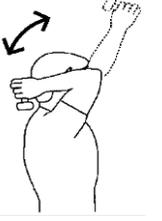
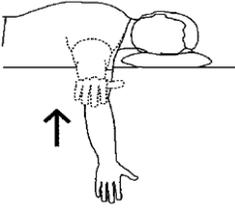
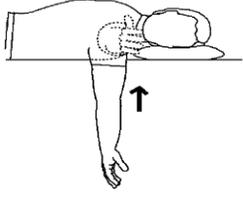
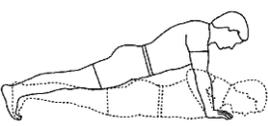
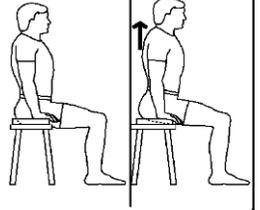
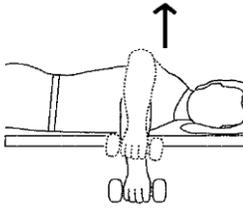
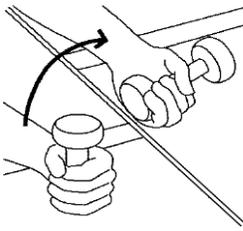
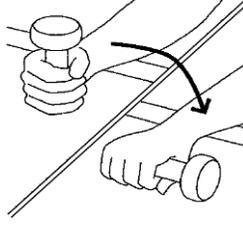
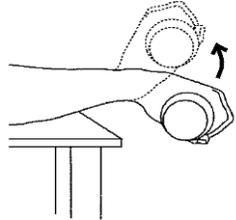
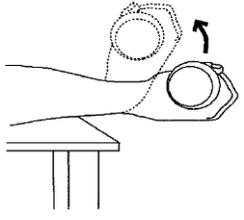


# THROWER'S "10" ARM CARE

DIAGNAL EXTENSION	DIAGNAL FLEXION	EXTERNAL ROTATION	INTERNAL ROTATION	EXTERNAL ROTATION
 <p>Grip tubing handle overhead and out to the side. Pull tubing down and across your body to the opposite side of leg.</p>	 <p>Grip tubing handle, arm out from side 45 degrees and palm facing backward. After turning palm forward, proceed to bring arm up and over shoulder.</p>	 <p>Elbow fixed at side, elbow at 90 degrees. Pull out with arm, keeping elbow at side. Return tubing slowly and controlled.</p>	 <p>Elbow at side fixed at 90 degrees and shoulder rotated out. Pull arm across body keeping elbow at side. Return tubing slowly and controlled.</p>	 <p>Start Finish Stand with shoulder at 90 degrees. Tubing lower than shoulder. Keep shoulder still, rotate shoulder back keeping elbow at 90 degrees.</p>
INTERNAL ROTATION	SHOULDER ABDUCT	INTERNAL ROTATION	ELBOW FLEXION	ELBOW EXTENSION
 <p>Shoulder at 90 degrees. Keep shoulder still, rotate shoulder forward. Return tubing and hand to start position</p>	 <p>Arm at side, elbow straight, and palm against side. Raise arm to side, palm down, until arm reaches shoulder level. Hold 2 seconds</p>	 <p>Elbow straight and thumb down. Raise arm to shoulder level at 30 degrees angle in front of body. Do not go above shoulder height.</p>	 <p>Standing with arm against side and palm facing inward, bend elbow upward turning palm up as you progress. Hold 2 seconds and lower slowly.</p>	 <p>Raise involved arm overhead. Provide support at elbow from uninvolved hand. Straighten arm overhead. Hold 2 seconds and lower slowly.</p>
PRONE ABDUCTION	PRONE ABDUCTION	 <p><b>MURRAY BASEBALL</b></p>	PUSH-UPS	PRESS-UPS
 <p>Lie on table, with involved arm hanging straight to the floor, and palm facing down. Raise arm out to the side, parallel to the floor. Hold 2 seconds.</p>	 <p>Lie on table, with involved arm hanging straight to the floor, and thumb rotated up (hitchhiker). Raise arm out to side slightly in front shoulder.</p>		 <p>Push up as high as possible, rolling shoulders forward after elbows are straight. Repeat.</p>	 <p>On chair or table, Hands should be placed equal with shoulders. Push downward through the hands to elevate your body. Hold 2 seconds</p>
PRONE ROWING	SUPINATION	PRONATION	WRIST EXTENSION	WRIST FLEXION
 <p>On stomach with arm hanging over side of table. Slowly raise arm, bending elbow, and bring dumbbell as high as possible. Hold for 2 seconds</p>	 <p>Forearm supported on table with wrist in neutral position. Using a weight or hammer, roll wrist taking palm up.</p>	 <p>Forearm should be supported on a table with wrist in neutral position. Using a weight or hammer, roll wrist taking palm down.</p>	 <p>Supporting the forearm and with palm facing downward, raise weight in hand as far as possible. Hold 2 seconds and lower slowly.</p>	 <p>Palm facing upward. Lower a weight in hand as far as possible and then curl it up as high as possible. Hold for 2 seconds and lower slowly.</p>

**PERFORM 1 SET OF 10 REPS OF THE ABOVE EXERCISES TWO TO THREE TIMES PER WEEK.**

*\*Use moderate strength tubing and 5lb to 10lb dumbbells when shown*

