

Appendix

Return-to-Throwing Program

Return to Throwing Program

1. **Warm-up:** 10-15 minutes with bike, upper-extremity bike, and/or jog

Stretches:

Posterior Capsule



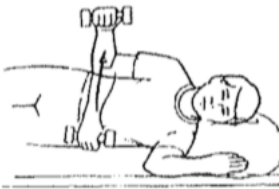
Post Internal Rotation



2. **Throwing Exercises**

External Rotation (ER) Exercises:

Side-lying ER



Prone Horizontal Abduction/Clock Extension



ER @ 0 (elbow close to side)



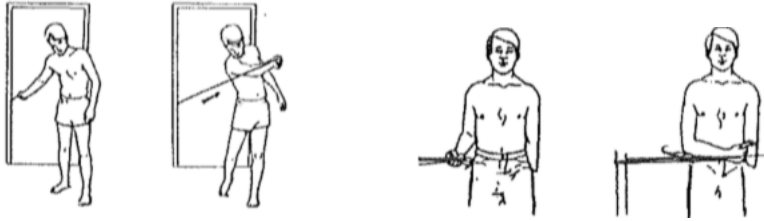
ER @ 90



Internal Rotation (IR) Exercises:

Tennis Forehand (band)

IR @ 0° abduction (arm at side)



IR @ 90° (elbow bent at 90° angle)



Supraspinatus Training:

Active Jobe position/Full can

Military Press



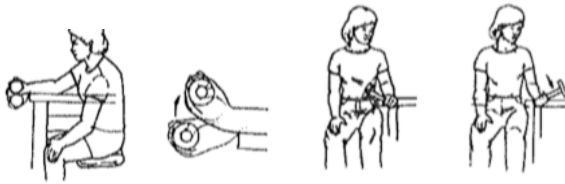
Scapular Training:

Prone Rowing:

Superman with Scapular Retraction:



Forearm Pronation/Supination:



Wrist Extension/Flexion:



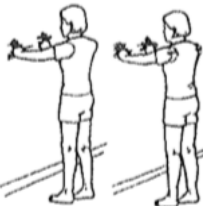
Elbow Flexion/Extension:



Press-ups/Sitting chair-ups:



Push-ups:



Proprioceptive Neuromuscular Facilitation Extension/Flexion:



Strengthening and conditioning of legs, back, and trunk including abdominal exercises, hip stability/balance as well as postural exercises