



Youth Throwers Ten Exercise Program

The youth throwers ten exercise program has been designed to emphasize technique and movement awareness while exercising the major muscles necessary for throwing. The program's goal is to be an organized and precise exercise program specific to the youth thrower to improve strength, power, and endurance of the shoulder musculature while engaging the kinetic chain to prepare the youth population for the demands of overhead activity. It is designed to be performed needing only a TheraBand and baseball or glove.

1a.



1a. IR at 0° of Abduction:

Stand with your involved side next to a closed door, tubing attached to the doorknob
With elbow at 90° and at your side, pull across your body, slowly return to starting position.

_____ sets of _____, _____ daily

1b.



1b. ER at 0° of Abduction:

Stand with your uninvolved side next to a closed door, tubing attached to the doorknob
With elbow at 90° and at your side, pull out to side, hold 5 sec.

_____ sets of _____, _____ daily

2a.



2a. Full Can in Split-Stance Lunge

Begin in a lunge holding onto the ends of a resistance band in each hand that is anchored below your front foot. Slowly raise your arms diagonally out to your sides at about a 30-degree angle from your body. Raise to just above shoulder height, hold briefly, then relax and repeat.

_____ sets of _____, _____ daily

2b.

2b. Lateral Raise to 90° of Abduction in Split-Stance Lunge

Begin in a lunge holding onto the ends of a resistance band in each hand that is anchored below your front foot. Slowly raise your arms laterally out to your sides. Raise to shoulder height, hold briefly, then relax and repeat.

_____ sets of _____, _____ daily

2c.

2c. Chest Press in Split Stance

Begin in a lunge position, holding both ends of a resistance band that is anchored behind you at shoulder height. Slowly push your arms forward, with your palms facing down, then return to the starting position and repeat.

_____ sets of _____, _____ daily

3.

3. Side-lying ER in Modified Plank

Begin lying on your side with your feet stacked and propped on your elbow, holding the ends of a resistance band. Your top arm should be bent to a 90 degree angle. Engage your core and lift your hips off the ground into a side plank position, then rotate your arm so your forearm points up toward the ceiling. Slowly lower your arm back down and repeat.

_____ sets of _____, _____ daily

4a.



4a. Low Row in Squat

Begin standing in a partial squat with feet slightly wider than shoulder width apart, holding both ends of a resistance band that is anchored above and in front of you, with your palms facing in. Pull your arms back, tucking your elbows at your sides, then return to the starting position and repeat.

_____ sets of _____, _____ daily

4b.



4b. High Row + ER 90/90 in Squat

Begin in a standing in a partial squat, holding the ends of a resistance band anchored in front of you, with your hands at shoulder height and palms facing down. With your elbows bent 90 degrees, pull your arms back against the resistance band then rotate your to 90 degrees ER, then return to the starting position and repeat.

_____ sets of _____, _____ daily

5a.



5a. D2 Flexion in Half Kneel

Begin in a half kneeling position with one arm crossed in front of your body, thumb pointing down, holding a resistance band that is anchored at the bottom of a door. Diagonally raise your arm overhead across your body, turning your arm so your thumb points up. Slowly reverse the movement and repeat.

_____ sets of _____, _____ daily

5b.



5b. D2 Extension in Half Kneel

Begin in half kneeling position with one arm out to your side overhead, thumb pointing up, holding a resistance band anchored at the top of a door. Bring your arm downward across your body, rotating your thumb to point down. Then reverse this motion back to the starting position and repeat.

_____ sets of _____, _____ daily

6a.



6a. Bicep Curl

Begin in a standing upright position holding the ends of a resistance band that is anchored below one foot. Pull up against the resistance band, bending your elbows. Hold briefly, then return to the starting position and repeat.

_____ sets of _____, _____ daily

6b.



6b. Bent Over Tricep Extension

Begin standing bent over a table your trunk bent forward and one elbow bent at 90 degrees. Anchor TheraBand in hand resting on table and holding the other end in hand with elbow bent at 90 degrees. Maintaining this position, slowly straighten your elbow, then return to the starting position and repeat.

_____ sets of _____, _____ daily

7a.



7a. Wrist Flexion

Begin sitting in a chair with your elbows resting on your knees, and a resistance band looped around your hand and anchored under your foot. Bend your wrist up against the resistance, then lower it back down and repeat.

_____ sets of _____, _____ daily

7b.



7b. Wrist Extension

Begin sitting upright in a chair with your arm resting on a table and your hand off the edge, holding one end of a resistance band that is anchored under your feet. Slowly bend your wrist backward against the resistance, then lower it back down and repeat.

_____ sets of _____, _____ daily

8a.



8a. Forearm Supination

Begin sitting with your forearm resting on your thigh, holding a baseball or a weight in your hand. Your palm should be facing down or in neutral. Slowly rotate your wrist so your palm faces upward, then rotate it back to the starting position and repeat.

_____ sets of _____, _____ daily

8b.



8b. Forearm Pronation

Begin sitting with your forearm resting on your thigh, holding a baseball or a weight in your hand. Your palm should be facing down or in neutral. Slowly rotate your wrist so your palm faces downward, then rotate it back to the starting position and repeat.

_____ sets of _____, _____ daily

9.



9. Single Leg Sit to Stand/Squat

Begin sitting upright in a chair. Lift one foot slightly off the floor and carefully stand up on to your other foot. Then slowly lower yourself back onto the chair, and repeat.

_____ sets of _____, _____ daily

10.



10. Lateral Stepping

Begin in a partial squat with trunk upright and a resistance band looped around your thighs, just above your knees. Slowly step sideways, maintaining tension in the band.

_____ sets of _____, _____ daily

25 Monument Rd.
Suite 290
York, PA 17403
T: (717) 812-4090
F: (717) 812-4092

John Deitch, MD
VP& CMO Orthopedics

WellSpan.org

