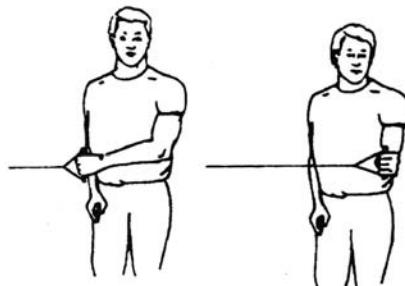


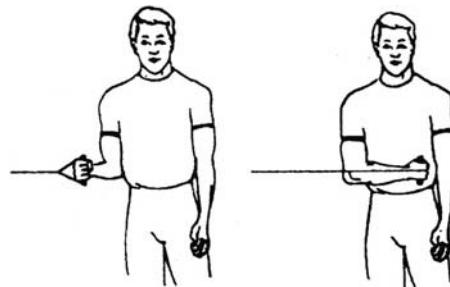
## Little League Baseball Injury Prevention Program

The Little League Baseball Injury Prevention Program is designed to exercise the major muscles necessary for throwing. The Program's goal is to be an organized and concise exercise program that is suitable for Little League age players. In addition, all exercises included are specific to the thrower and are designed to improve strength, power and endurance of the shoulder complex musculature. All exercises should be performed in a controlled manner under close adult supervision. Exercises are typically performed 3 times per week in conjunction with a proper strength and conditioning program that emphasizes the entire body. Please consult with a medical doctor and physical therapist regarding specific weights, volume, and frequency before initiating this program. If at any time you experience any discomfort, discontinue the exercise and consult with the appropriate medical provider.

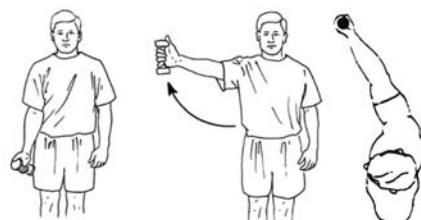
- 1. External Rotation:** Stand with involved elbow fixed at side, elbow at 90° and involved arm across front of body. Grip tubing handle while the other end of tubing is fixed. Pull out arm, keeping elbow at side. Return tubing slowly and controlled.  
Perform \_\_\_\_ sets of \_\_\_\_ repetitions \_\_\_\_.



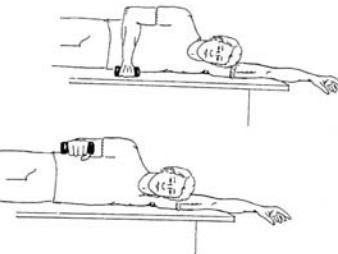
- 2. Internal Rotation:** Standing with elbow at side fixed at 90° and shoulder rotated out. Grip tubing handle while other end of tubing is fixed. Pull arm across body keeping elbow at side. Return tubing slowly and controlled.  
Perform \_\_\_\_ sets of \_\_\_\_ repetitions \_\_\_\_.



- 3. Full Can:** Stand with elbow straight and thumb up. Raise arm to shoulder level at 30° angle in front of body. Do not go above shoulder height. Hold 2 seconds and lower slowly.  
Perform \_\_\_\_ sets of \_\_\_\_ repetitions \_\_\_\_.

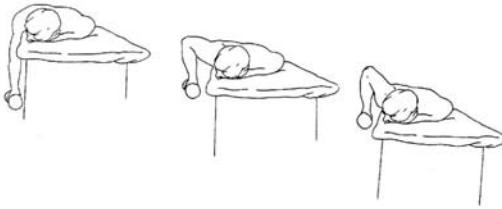


- 4. Sidelying External Rotation:** Lie on unininvolved side, with involved arm at side of body and elbow bent to 90°. Keeping the elbow of involved arm fixed to side, raise arm. Hold 2 seconds and lower slowly.  
Perform \_\_\_\_ sets of \_\_\_\_ repetitions \_\_\_\_.



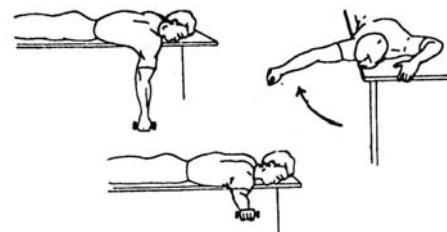
**5. Prone Rowing:** Lying on your stomach with your arm hanging over the side of the table, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow, and bring dumbbell as high as possible. Hold at the top for 2 seconds, then slowly lower.

Perform \_\_\_\_ sets of \_\_\_\_ repetitions \_\_\_\_.



**6. Prone Horizontal Abduction (T's):** Lie on table, face down, 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 and lower slowly.

Perform \_\_\_\_ sets of \_\_\_\_ repetitions \_\_\_\_.



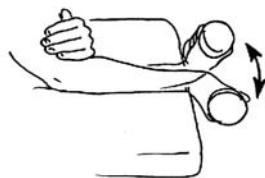
**7. Wrist Extension:** Supporting the forearm and with palm facing downward, raise weight in hand as far as possible. Hold 2 seconds and lower slowly.

Perform \_\_\_\_ sets of \_\_\_\_ repetitions \_\_\_\_.

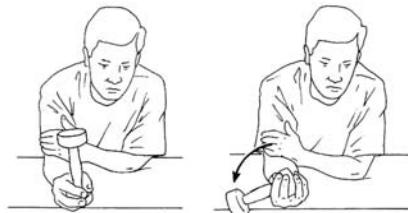


**8. Wrist Flexion:** Supporting the forearm and with palm facing upward, lower a weight in hand as far as possible and then curl it up as high as possible. Hold for 2 seconds and lower slowly.

Perform \_\_\_\_ sets of \_\_\_\_ repetitions \_\_\_\_.



**9. Supination:** Forearm supported on table with wrist in neutral position. Using a weight or hammer, roll wrist taking palm up. Hold for a 2 count and return to starting position. Perform \_\_\_\_ sets of \_\_\_\_ repetitions \_\_\_\_.



**10. Pronation:** Forearm should be supported on a table with wrist in neutral position. Using a weight or hammer, roll wrist taking palm down. Hold for a 2 count and return to starting position.

Perform \_\_\_\_ sets of \_\_\_\_ repetitions \_\_\_\_.

