



Rehabilitation Program for the Throwing Shoulder Following Injection (10 day program)

Day Activity

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| 1-3 | Light exercise/stretch
Stretch: ER/IR @ 90 degrees abduction, flexion, horizontal adduction
Strengthening: ER/IR tubing, full cans, prone rowing, biceps, side-lying ER
Dumbbells |
| 4 | Thrower's Ten Program
Stretch, play catch 30-45 feet, 25-30 throws |
| 5 | Thrower's Ten Program (w/ rhythmic stabilization) |
| 6 | Thrower's Ten Program
Stretch, play catch 45-60 feet, 2 sets of 25-30 throws |
| 7 | Thrower's Ten Program
Stretch, throw on a line @ 90 feet, 2 sets of 25-30 throws |
| 8 | Thrower's Ten Program (plyometrics) |
| 9 | Light exercise/stretch (see days 1-3)
Throw on a line 90 feet, 3 sets of 25-30 throws |
| 10 | Light exercise/stretch (see days 1-3)
Throw from mound (50% effort) 45-50 throws |

Progress throwing program from mound or position
as tolerated according to symptoms