



Baseball Revcovery Day

Graston Technique/Modalities

- Used as indicated

Therapeutic Exercise

<u>Shoulder</u>	<u>Set/Reps</u>
1. Internal Rotation at 0	2x10
2. External Rotation at 0	2x10
3. Flexion Palm Down	2x10
4. Extension Palm back	2x10
5. Internal Rotation at 90	2x12
6. External Rotation at 90	2x12
7. Flexion Palm up	2x12
8. Extension palm forward	2x12

All done with bands

<u>Elbow</u>	<u>Sets/Reps</u>
1. Wrist Flexion	2x12
2. Wrist Extension	2x12
3. Pronation/Supination	2x12
4. Radial/Ulnar Deviation	2x12
5. Eccentric Bicep	2x12
6. Triceps Kickback	2x12

All done with bands

<u>Scapula</u>	<u>Sets/Reps</u>
1. 1. Arm Holds Against Wall at 45 degrees	2x15sec
2. 2. Arm Holds Against Wall at 90 degrees	2x15sec
3. 3. Arm Holds Against Wall at 90 degrees w/ External Rotation	2x15sec
4. 5. No Money Exercise	2x15

Exercises 1-3 Isometric hold. Exercises 4 Movement pattern.

Stretching

Supine Position

- 1: GH abduction shake
- 2: ER at 90-100 degrees of abduction 2x15 sec
- 3: IR at 90 degrees of abduction (with one hand stabilizing shoulder) 2x15 sec
- 4: GH Abduction shake
- 5: Full flexion stretch

Prone Position

- 1: Supinated small of the back (stabilize scap on lateral boarder) 2x15 sec
- 2: Hand on beltline (apply pressure at elbow). 2x15 sec
- 3: Trap stretch 2x15 sec
- 4: GH joint mob
- 5: GH shake