



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

Day Activity

- 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