Advanced Thrower’s Ten Exercises
This Advanced Thrower’s Ten exercise program was developed by Dr. Kevin Wilk.

Kevin Wilk, DPT, PT, FAPTA, has lead a distinguished career as a clinical physical therapist for over 35 years, as a leading authority in rehabilitation of sports injuries and orthopedic lesions. He has made significant contributions to rehabilitation research, laboratory research, bio-mechanical research and clinical outcome studies.

He has published over 185 journal articles, over 130 book chapters and has lectured at over 900 professional and scientific meetings.

Dr. Wilk received his physical therapy degree from Northwestern University Medical School in Chicago, IL. Afterwards, he went back and received his Doctor of Physical Therapy degree from Massachusetts General Hospital Institute of HealthCare Professions in Boston, MA.

Kevin is currently Associate Clinical Director for Champion Sports Medicine (a Select Medical Facility) in Birmingham, AL. In addition, he is the Director of Rehabilitative Research at the American Sports Medicine Institute in Birmingham and is Adjunct Assistant Professor in the Physical Therapy Program at Marquette University in Milwaukee, WI.

He has worked with professional baseball players for more than 35 years. This includes his close work with teams such as the Chicago White Sox, Tampa Bay Rays’, and others.

Not only involved with baseball, Dr. Wilk has performed rehabilitation on some great athletes throughout his career, from all different sports backgrounds.
1 | Shoulder External Rotation

**Description:** Secure TheraBand® CLX™ and Door Anchor in door. Sit upright on a TheraBand Exercise and Stability Ball. Hold opposite end of CLX with arm furthest from the Door Anchor. Place towel roll between arm and side of body. Bend elbow 90°. Start with hand at stomach and slowly rotate arm outward. Slowly return to starting position and repeat.

#SETS  #REPS

2 | Shoulder Internal Rotation

**Description:** Secure TheraBand® CLX™ and Door Anchor in door. Sit upright on a TheraBand Exercise and Stability Ball. Hold opposite end of CLX with arm closest to the Door Anchor. Place towel roll between arm and side of body. Bend elbow 90°. Slowly rotate arm inward toward stomach. Slowly return to starting position and repeat.

#SETS  #REPS

3 | Shoulder External Rotation with Sustained Holds

**Description:** Secure TheraBand® CLX™ and Door Anchor in door. Sit upright on a TheraBand Exercise and Stability Ball. Hold arm closest to the Door Anchor out to the side at 90° while holding a light dumbbell. Hold opposite end of CLX with arm furthest from the Door Anchor. Place towel roll between arm and side of body. Bend elbow 90°. Start with hand at stomach and slowly rotate arm outward. Slowly return to starting position and repeat.

#SETS  #REPS

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**Warning:** Any resistance product can break or slip from its anchoring point during use if not properly secured. Proper stance and grip are required to safely use resistance bands and avoid loss of balance or injury in the event of breakage or slippage. Wearing eye protection is strongly recommended.

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4 | **Shoulder Internal Rotation with Sustained Holds**

**Description:** Secure TheraBand® CLX™ and Door Anchor in door. Sit upright on a TheraBand Exercise and Stability Ball. Hold arm furthest away from Anchor Door out to the side at 90° while holding a light dumbbell. Hold opposite end of CLX with arm closest to the Door Anchor. Place towel roll between arm and side of body. Bend elbow 90°. Start with hand straight forward and slowly rotate arm inward towards stomach. Slowly return to starting position and repeat.

#SETS_________ #REPS_________

5 | **Shoulder Abduction**

**Description:** Sit upright on a TheraBand® Exercise and Stability Ball. Hold a light dumbbell in each hand. Raise arms to shoulder height, directly to the side. Slowly return to starting position and repeat.

**Sustained Holds (Progression):** Hold right arm at 90° and continue movement of the left side. Repeat on opposite side.

#SETS_________ #REPS_________

6 | **Seated Scapular Neuromuscular**

**Description:** Sit upright on a TheraBand® Exercise and Stability Ball. Place towel roll between arm and side of body. With manual resistance, slowly raise and lower the shoulder. Afterwards, with manual resistance, slowly push the shoulder forward and backward.

#SETS_________ #REPS_________
**Side-Lying Plank with Shoulder External Rotation**

**Description:** Lay on side with non-throwing shoulder facing down. Place each hand in separate CLX loops. Place towel roll between arm and side of body. Lift body into side plank position. Keeping elbow at side, rotate arm upward toward ceiling. Slowly return to starting position and repeat.

#SETS_________ #REPS_________

**Prone Horizontal Abduction (T’s)**

**Description:** Lay with chest and stomach on a TheraBand® Exercise and Stability Ball. Hold a light dumbbell in each hand. Raise arms to shoulder height, directly to the side. Slowly return to starting position and repeat.

*Sustained Holds (Progression):* Hold right arm at 90° and continue movement of the left side. Repeat on opposite side.

#SETS_________ #REPS_________

**Prone Y’s (Horizontal Abductions and External Rotation)**

**Description:** Lay with chest and stomach on a TheraBand® Exercise and Stability Ball. Hold a light dumbbell in each hand. Raise arms overhead at an angle. Slowly return to starting position and repeat.

*Sustained Holds (Progression):* Hold right arm at 90° and continue movement on the left side. Repeat on opposite side.

#SETS_________ #REPS_________

*Warning:* Any resistance product can break or slip from its anchoring point during use if not properly secured. Proper stance and grip are required to safely use resistance bands and avoid loss of balance or injury in the event of breakage or slippage. Wearing eye protection is strongly recommended.

*Progression*

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10  Prone Row into External Rotation

Description: Lay with chest and stomach on a TheraBand® Exercise and Stability Ball. Hold a light dumbbell in each hand. Raise arms to 90°, elbows bent.Externally rotate by rotating forearms downward. Slowly return to starting position and repeat. 

Sustained Holds (Progression): Hold right arm at 90°, elbow bent and continue movement of the left side. Repeat on opposite side.

#SETS_________ #REPS_________

11  High Rows into External Rotation

Description: Secure TheraBand® CLX™ and Door Anchor in door. Sit upright on a TheraBand® Exercise and Stability Ball. Grasp end loops of CLX. Hold arms at 90° and pull elbows and arms back until slightly beyond the shoulders. Externally rotate by rotating forearms upward. Slowly return to starting position and repeat. 

Sustained Holds (Progression): Hold right arm in external rotation and continue movement from row position to external rotation with left arm. Repeat on opposite side.

#SETS_________ #REPS_________
13 **Bicep Curls**

**Description:** Stand in a staggered stance with one foot on center of TheraBand® CLX™. Holding elbows at side, curl arms upward. Slowly return to starting position and repeat.

*Sustained Holds (Progression):* Hold right arm in curled position and continue movement of the left side. Repeat on opposite side.

#SETS_________ #REPS_________
14  Elbow Extension (Tricep Press)

Description: Stand in a staggered stance with one foot on TheraBand® CLX™. Bring the band behind the leg and grasp with hand. Elevate arm overhead with elbow at 90°. Extend arm until elbow is straight. Slowly return to starting position and repeat.

*Sustained Holds (Progression):* Hold right arm extended and continue movement of the left side. Repeat on opposite side.

#SETS_________ #REPS_________

15  Wrist and Forearm Flexion

Description: Stand in a staggered stance with one foot on center of TheraBand® CLX™. Place hands in end loops of CLX. Bend elbow 90° and hold at side. Turn palm towards ceiling. Extend wrist down towards floor. Curl wrist up towards body. Slowly return to starting position and repeat.

*Sustained Holds (Progression):* Hold right wrist curled towards body and continue movement of the left side. Repeat on opposite side.

#SETS_________ #REPS_________
16 | Wrist Extension

**Description:** Stand in a staggered stance with one foot on center of TheraBand® CLX™. Place hands in end loops of CLX. Bend elbows 90° and hold at side. Turn palms towards floor. Extend wrists up towards ceiling. Slowly return to starting position and repeat.

*Sustained Holds (Progression):* Hold right wrist upward towards body and continue movement on the left side.

#SETS_________ #REPS_________

17 | Supination and Pronation

**Description:** Hold a baseball bat vertically. Bend elbow 90° and hold at side. Slowly rotate so palm is facing down. Rotate back so bat is vertical, holding briefly. Slowly rotate so palm is facing up. Slowly return to starting position and repeat.

#SETS_________ #REPS_________
Description: Place hands on both sides of a TheraBand Rocker Board while in a push-up position. Perform a push-up while balancing on the rocker board. Return to starting position and repeat.

#SETS_________ #REPS_________