

# Thrower's Ten Exercises

# Introduction

This 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.





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## Shoulder External Rotation at 0°



**Description:** Secure TheraBand® CLX™ and Door Anchor in door. 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 away from body. Slowly return to starting position and repeat.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_



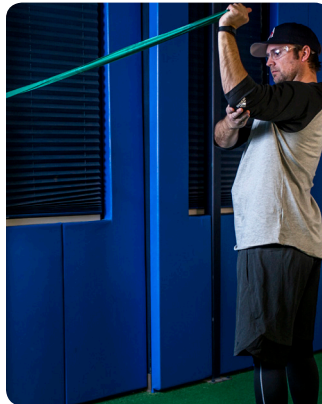
2

## Shoulder Internal Rotation at 0°



**Description:** Secure TheraBand® CLX™ and Door Anchor in door. 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 \_\_\_\_\_



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## Shoulder External Rotation (90-90)



**Description:** Secure TheraBand® CLX™ and Door Anchor in door. Face towards attached CLX™. Hold opposite end of CLX™ and raise arm 90°. Support arm and elbow with opposite hand. Externally rotate by rotating forearm up towards ceiling. Slowly return to starting position and repeat.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_





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## Shoulder Internal Rotation (90-90)



**Description:** Secure TheraBand® CLX™ and Door Anchor in door. Face away from attached CLX™. Hold opposite end of CLX™ and raise arm into a throwing position. Support arm and elbow with opposite hand. Internally rotate by rotating forearm down towards floor. Slowly return to starting position and repeat.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_



5

## Full Can



**Description:** Stand in a staggered stance with one foot on center of TheraBand® CLX™. Place hands in end loops of CLX™. Slowly raise arms to shoulder height, keeping thumbs pointed toward the ceiling. Slowly return to starting position and repeat.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_



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## Lateral Raises



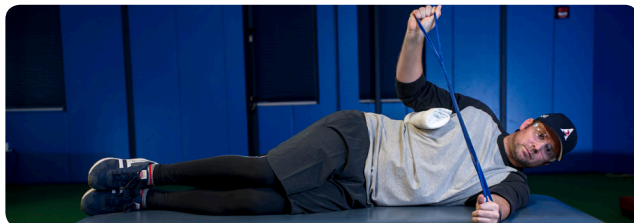
**Description:** Stand in a staggered stance with one foot on center of TheraBand® CLX™. Place hands in end loops of CLX™. Slowly raise arms to shoulder height directly to the side. Slowly return to starting position and repeat.

#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.

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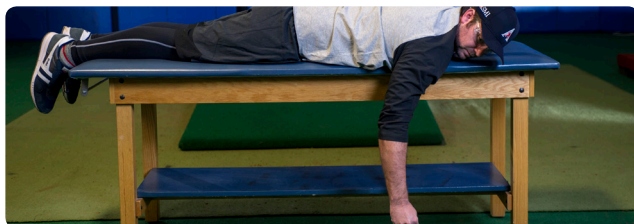
7

## Side-Lying External Rotation



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

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_



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## Prone T's



**Description:** Lay on stomach, one arm hanging off the side. Grasp end loop of CLX™ with hanging arm while holding opposite end of CLX™ with opposite arm. With palm facing down, slowly raise arm to shoulder height. Slowly return to starting position and repeat.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_



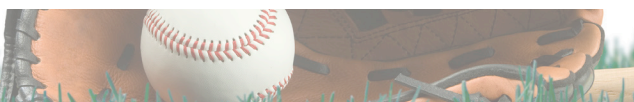
9

## Prone Y's



**Description:** Lay on stomach, one arm hanging off the side. Grasp end loop of CLX™ with hanging arm while holding opposite end of CLX™ with opposite arm. Raise arm at an upward angle. Slowly return to starting position and repeat.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_



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## High Row



**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, pinching shoulder blades together. Slowly return to starting position and repeat.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_



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## High Row 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.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_



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## Lower Trapezius Exercise



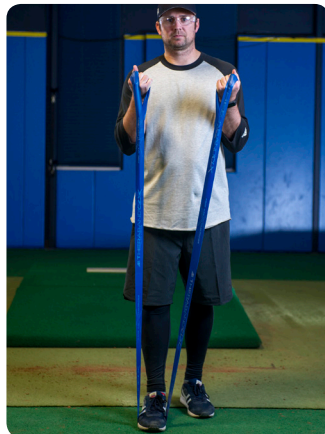
**Description:** Secure TheraBand® CLX™ and Door Anchor in door. Sit upright on a TheraBand Exercise and Stability Ball. Grasp end loops of CLX™. Pull elbows and arms back until slightly beyond the shoulders. Externally rotate by rotating forearms outward with palms facing up. Slowly return to starting position and repeat.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_



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## 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.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_



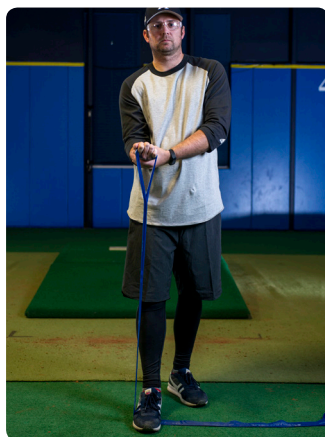
14

## 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.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_



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## Wrist and Forearm Flexion



**Description:** Stand in a staggered stance with one foot on TheraBand® CLX™. Grasp end loop of CLX™. Bend elbow 90° and hold at side. Turn palm towards ceiling. Support the forearm with opposite hand. Extend wrist down towards floor. Curl wrist up towards body. Slowly return to starting position and repeat.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_





## 16 | Wrist Extension

☐ **Description:** Stand in a staggered stance with one foot on TheraBand® CLX™. Grasp end loop of CLX™. Bend elbow 90° and hold at side. Turn palm towards floor. Support the wrist with opposite hand. Extend wrist up towards ceiling. Slowly return to starting position and repeat.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_



## 17 | Supination and Pronation

☐ **Description:** Hold a baseball bat vertically. Bend elbow 90° and hold at side. Support the forearm with opposite hand. 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 \_\_\_\_\_



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