

Volleyball Ten





Introduction

This Volleyball 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.

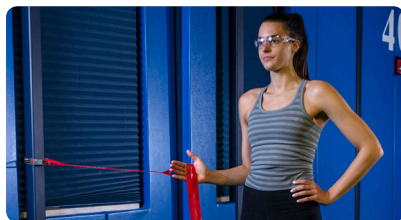
He has published over 185 journal articles, over 130 book chapters and has lectured at over 900 professional and scientific meetings.

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.

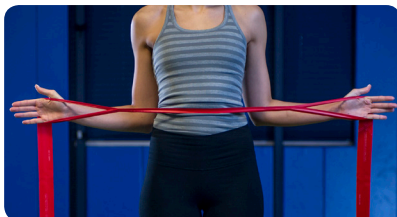
Not only involved with baseball, Dr. Wilk has performed rehabilitation on some great athletes throughout his career from all different sports backgrounds.



1 Internal Rotation at 0° Abduction

☐ **Description:** Secure TheraBand CLX and Door Anchor in door. Place CLX loop around hand. Bend elbow 90°. Position elbow at side of body. Rotate internally towards stomach. Repeat on opposite side.

#SETS _____ #REPS _____



2 External Rotation Using TheraBand

☐ **Description:** Place CLX loops around each hand. Bend elbows 90°. Position elbows at side of body. Externally rotate both arms. Return to starting position and repeat.

#SETS _____ #REPS _____



3 Internal Rotation at 90° Abduction

☐ **Description:** Secure TheraBand CLX and Door Anchor in door. Place CLX loop around hand. Hold arm at 90° abduction. Rotate internally. Repeat on opposite side.

#SETS _____ #REPS _____

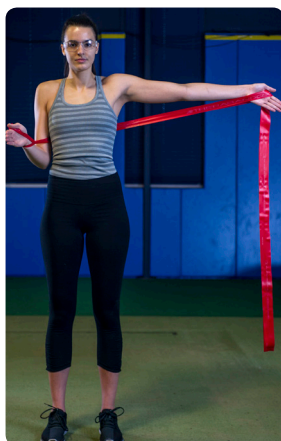


4 | External Rotation (90-90 Position)



Description: Place right foot through loop of CLX. Place end loop of CLX around left hand. Hold arm at 90° abduction. Rotate externally. Repeat on opposite side.

#SETS _____ #REPS _____

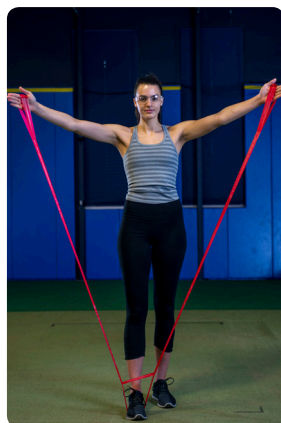


5 | Internal Rotation for the Shoulders



Description: Loop CLX around hand. Wrap CLX behind body before placing opposite hand in loop. Bend one elbow 90°. Position elbow at side of body. Extend opposite arm out straight. With the bent arm, rotate internally towards stomach. Repeat on opposite side.

#SETS _____ #REPS _____



6 | Standing Full Cans for the Shoulders



Description: Place right foot through center loop of CLX. Place end loops of CLX around each hand. Extend arms outward and slightly to the side. Raise arms to shoulder height. Return to starting position and repeat.

#SETS _____ #REPS _____



7 | Diagonal Extension Movement (PNF)

☐ **Description:** Secure TheraBand CLX and Door Anchor in door or around a sturdy object. Place CLX loop around hand. Hold arm overhead while in a stride position. Pull arm down and across the body. Repeat on opposite side.

#SETS _____ #REPS _____



8 | Standing Pull-Downs

☐ **Description:** Secure TheraBand CLX and Door Anchor in door. Place CLX loops around each hand. Extend arms in front of body. Pull down and back. Return to starting position and repeat.

#SETS _____ #REPS _____



9 | Standing “T”s

☐ **Description:** Secure TheraBand CLX and Door Anchor in door. Place CLX loops around each hand. Extend arms in front of body. Pull band by opening arms to the side, squeezing shoulders together. Return to starting position and repeat.

#SETS _____ #REPS _____



10 | Standing Rows

☐ **Description:** Secure TheraBand CLX and Door Anchor in door. Place CLX loops around each hand. Bend elbows 90°. Position elbows at side of body. Pull back, squeezing shoulders together. Return to starting position and repeat.

#SETS _____ #REPS _____

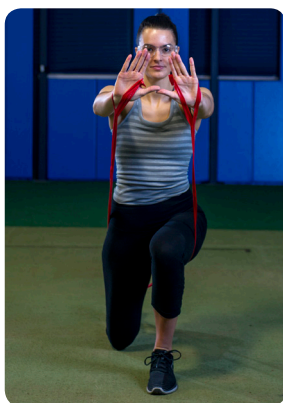
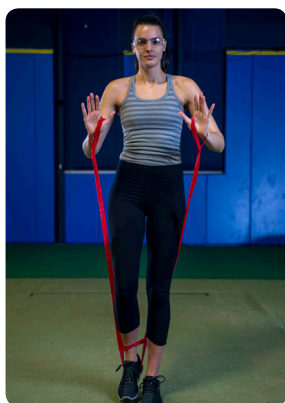


11 | Side-Lying Plank with External Rotation

☐ **Description:** Description: Place TheraBand CLX loops around each hand. Get into a full side plank position. Bend top elbow 90°. Lock elbow at side of body. Rotate top arm externally. Repeat on opposite side.

Progression: Raise top leg towards ceiling while maintaining side plank and external rotation.

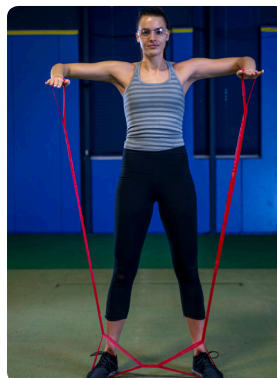
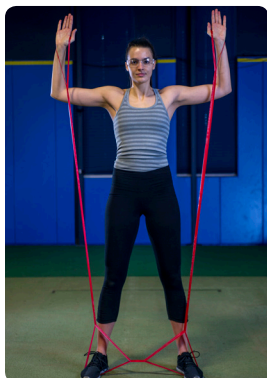
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12 | Chest Press with Step-Back

☐ **Description:** Place right foot through center loop of CLX. Place end loops of CLX around each hand. Step over CLX band with left foot. Step right leg back into a lunge position while pushing arms forward. Repeat on opposite side.

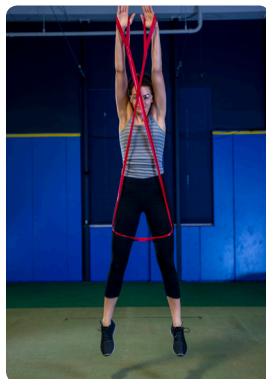
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13 | Leg and Shoulder Strengthening

☐ **Description:** Place consecutive TheraBand CLX loops around each foot. Place end loops of CLX around each hand. Hold arms overhead at 90°. Squat down. Return to standing position and rotate arms externally three times. Repeat.

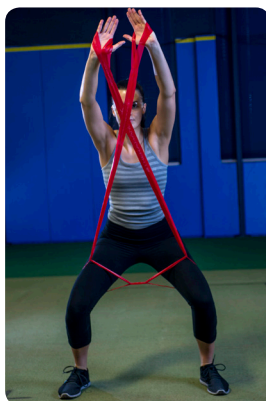
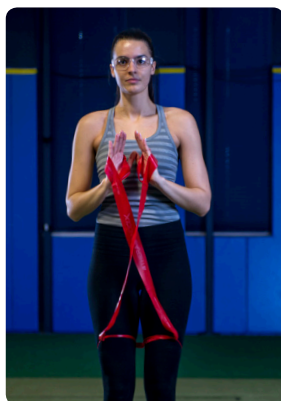
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14 | Overhead Block

☐ **Description:** Place TheraBand CLX loops around each thigh, above the knee. Cross CLX in front of body. Place end loops of CLX around each hand. Squat down into a “sports ready position.” Jump up with arms overhead as if you’re blocking. Return to starting position and repeat.

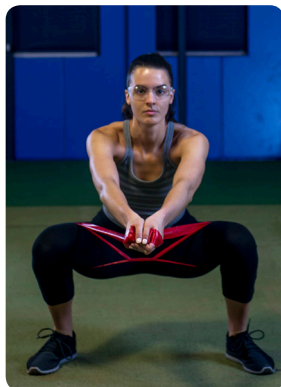
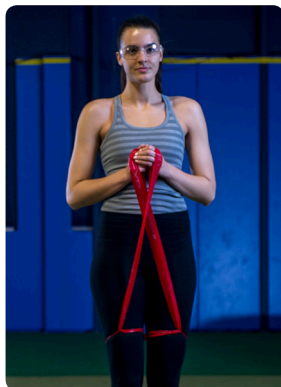
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15 | Lateral Slides with Setting Motion

☐ **Description:** Place TheraBand CLX loops around each thigh, above the knee. Cross CLX in front of body. Place end loops of CLX around each hand. Squat down into a “sports ready position” and slide laterally. While sliding, extend arms above head as if you’re setting the ball. Return to standing position. Repeat in opposite direction.

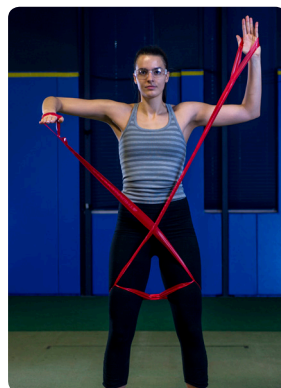
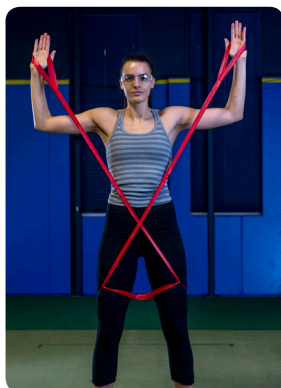
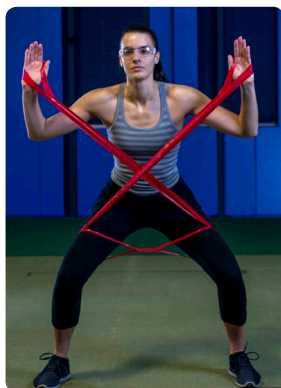
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16 | Lateral Slides with Passing

☐ **Description:** Place TheraBand CLX loops around each thigh, above the knee. Cross CLX in front of body. Place end loops of CLX around each hand. Squat down into a “sports ready position” and slide laterally. While sliding, extend arms outward as if you’re passing the ball. Return to standing position. Repeat in opposite direction.

#SETS _____ #REPS _____



17 | Lateral Slides with External Rotation

☐ **Description:** Place TheraBand CLX loops around each thigh, above the knee. Cross CLX in front of body. Place end loops of CLX around each hand. Raise arms overhead. Squat down into a “sports ready position” and slide laterally. Stand up and externally rotate one arm three times. Repeat in opposite direction.

#SETS _____ #REPS _____



18 | Bicep Curls (Full Arm Strengthening)

☐ **Description:** Place consecutive TheraBand CLX loops around each foot. Place end loops of CLX around each hand. Slowly bend elbows, curling arms upward. Return to starting position and repeat.

#SETS _____ #REPS _____

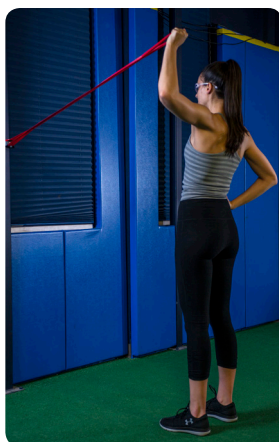


19 | Tricep Extensions



Description: Place consecutive TheraBand CLX loops around each foot. Place end loops of CLX around each hand. Place arms overhead with elbows bent. Extend elbows to straighten arms. Return to starting position and repeat.

#SETS _____ #REPS _____



20 | High-Speed Internal/External Rotation



Description: Secure TheraBand CLX and Door Anchor in door. Place CLX loop around hand. Hold arm at 90° abduction. At a quick speed, externally rotate the arm and return to starting position. When finished, turn around and quickly internally rotate. Repeat both internal and external on opposite side.

#SETS _____ #REPS _____