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 over 30 years. This includes his work with the Tampa Bay Rays’ baseball team over the past 20 years, since the organization was founded.

Not only involved with baseball, Dr. Wilk has performed rehabilitation on some great athletes throughout his career. Michael Jordan, Bo Jackson, Charles Barkley, Derek Jeter, Drew Brees, HHH, John Cena, Scottie Pippen, Tom Watson, Roger Clemens, Mariano Rivera, John Smoltz, Eli Manning, to name just a few.
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 _______

**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.
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 ________

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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_________

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_________

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_________
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### 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_________

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### 11 | Side-Lying Plank with External Rotation

**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.

#SETS_________ #REPS_________

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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.

#SETS_________ #REPS_________
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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.

#SETS_________ #REPS_________

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.

#SETS_________ #REPS_________

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.

#SETS_________ #REPS_________
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**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_________

**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_________

**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_________
**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

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**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