



Rehabilitation Program for the Throwing Shoulder Following Injection (14 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
- 4-6 Thrower's Ten Program, scapular strengthening, core stabilization
Stretch, play catch 30-45 feet, 25-30 throws
- 7-9 Thrower's Ten Program (w/ rhythmic stabilization)
plyometrics
- 10 Thrower's Ten Program
Stretch, play catch 45-60 feet, 2 sets of 25-30 throws
- 11 Thrower's Ten Program
Stretch, throw on a line @ 90 feet, 2 sets of 25-30 throws
- 12 Thrower's Ten Program (plyometrics)
- 13 Light exercise/stretch (see days 1-3)
Throw on a line 90 feet, 3 sets of 25-30 throws
- 14 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