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## **Shoulder Rotator Cuff and Scapular Strengthening Program with plyometrics**

During the season, repeat each exercise 10-15 times, three to four times per week; however it is **not** recommended that pitcher perform these movement immediately before start or outing

### **External Rotation**

Attach the theraband at waist level to a doorknob or post. While standing sideways to the door and facing straight ahead, grasp one end of the band and pull the band all the way through until it is taut. Feet are shoulder width apart and the knees are slightly flexed. The elbow is placed next to the side with the hand as close to your chest as possible (think of this elbow as being a hinge on a gate). Taking the cord in the hand 'set' the shoulder blade and move the hand away from the body as far as it feels comfortable. Return to the start position.



### **Internal Rotation**

Attach the Theraband at waist level in a doorknob or post. While standing sideways to the door and looking straight ahead, grasp one end of the handle and pull the cord all the way through until it is taut. Feet are shoulder width apart and the knees are slightly flexed. The elbow is placed next to the side and is flexed at 90 degrees (think of this elbow as being a hinge on a gate). Taking the cord in the hand, 'set' the shoulder blade and move the hand toward the belly as far as it feels comfortable, or to where the endpoint of pain limits you. Return to the start position.



### **Lateral Raises**

Stand with the arm at your side with the elbow straight and the hands rotated so that the thumbs face forward. Raise the arm straight out to the side, palm down, until the hands reach shoulder level. Do not raise the hands higher than the shoulder. Pause and slowly lower the arm.



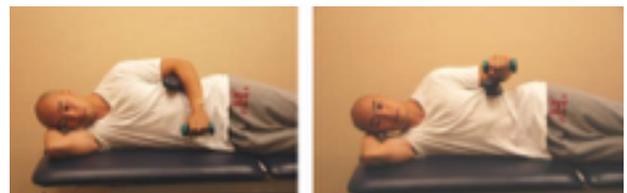
### **Standing forward flexion ('full-can') exercise**

Stand facing a mirror with the hands rotated so that the thumbs face forward. While keeping the shoulder blade 'set' and keeping the elbows straight, raise the arms forward and upward to shoulder level with a slight outward angle (30°). Pause for one second and slowly lower and repeat.



### **Sidelying external rotation**

Lying on the non-operated side, bend your elbow to a 90-degree angle and keep the operated arm firmly against your side with your hand resting on your abdomen. By rotation at the shoulder, raise your hand upward, toward the ceiling through a comfortable range of motion. Hold this position for 1 to 2 seconds, and then slowly lower the hand.



### **Prone extension**

The starting position for this exercise is to bend over at the waist so that the affected arm is hanging freely straight down. Alternatively, lie face down on your bed with the operated arm hanging freely off of the side. While keeping the shoulder blade 'set' and keeping the elbow straight, raise the arm backward toward your hip with the thumb pointing outward. Do not lift your hand past the level of your hip.



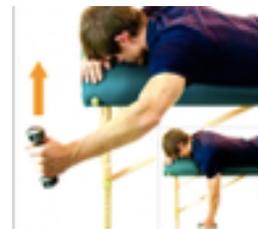
### **Prone rowing exercise**

The starting position for this exercise is to bend over at the waist so that the affected arm is hanging freely straight down. Alternatively, lie face down on your bed with the operated arm hanging freely off of the side. While keeping the shoulder blade 'set', raise the arm up toward the ceiling while bending at the elbow. The elbow should be drawn along the side of the body until the hands touch the lower ribs. Always return slowly to the start position.



### **Prone horizontal abduction ('T's)**

The starting position for this exercise is to bend over at the waist so that the affected arm is hanging freely straight down. Alternatively, lie face down on your bed with the operated arm hanging freely off of the side. Rotate your hand so that the thumb faces forward. While keeping the shoulder blade 'set' and keeping the elbows straight, slowly raise your arm away from your body to shoulder height, through a pain-free range of motion (so that your hand now has the thumb facing forward, and aligned with your cheek .) Hold that position for 1 to 2 seconds and slowly lower. Limit the height that you raise the arm to 90 degrees, or in other words, horizontal to the floor.



### **Prone scaption ('Y's)**

The starting position for this exercise is to bend over at the waist so that the affected arm is hanging freely straight down. Alternatively, lie face down on your bed with the operated arm hanging freely off of the side. Keep the shoulder blade 'set' and keep the elbows straight. Slowly raise the arm away from your body and slightly forward through a pain-free range of motion (so that your hand now has the thumb facing up, and is aligned with your forehead). Hold that position for 1 to 2 seconds and slowly lower. Limit the height that you raise the arm to 90 degrees, or in other words, horizontal to the floor.



### **Prone external rotation at 90 abduction ('U's)**

Lie face down on a table with your arm hanging over the side of the table. Raise the arm to shoulder height at a 90o angle to the body. While holding the arm in this position, rotate the hand upward, until the hand is even with the elbow. Hold one second and slowly let the hand rotate to the starting position and repeat.

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### **Theraband diagonal-up**

Stand with the theraband attached on your left side for your right hand. Start with your right hand on the left hip with the thumb facing the hip. Start by pulling the band so that your hand travels up and behind your head. Finish so that your thumb is pointing backwards.



### **Theraband diagonal-down**

Stand with the theraband attached behind you at shoulder level. Start with your arm in throwing position. Pull the band down and across your body so that your thumb faces the opposite hip.



### **Theraband external rotation at 90.**

Stand with good posture with the theraband attached in front of you. Keeping the arm elevated to 90 degrees and the elbow at a 90-degree angle, 'set' the shoulder blade and then rotate the hand and arm slowly backward and then return slowly to the start position.



### **Theraband internal rotation at 90.**

Stand with good posture with the theraband attached behind of you. Keeping the arm elevated to 90 degrees and the elbow at a 90-degree angle, 'set' the shoulder blade and rotate the hand and arm slowly forward and then return slowly to the start position.



### **Theraband standing 'T's.**

Stand with the theraband attached in front of you. Stand with the arm flexed forward at shoulder height with the elbow straight. While keeping the elbow straight, pull the arm toward the rear until the arm is by your side.



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### **Dynamic Hug**

With the tubing attach behind you at shoulder height, grip both ends of the tubing in your hands with the tubing on the outside of your shoulders. Pull the band forward and slightly downward in a ‘hugging’ motion, or as if you were wrapping both arm around a small tree. Pause and return slowly to the starting position



### **W’s**

With the tubing attached in front of you, stand with the tubing in both hands with the elbows bent at 90o and fixed at your side. Pull the band outward, keeping the elbow at your side. The arms rotate outward making the shape of a ‘W’



### **Throw with arm at side**

For the right arm, stand sideways so that your left side is facing a ‘rebounder’ or wall. Keep the right elbow tucked against your right side with the elbow at a right angle. Throw a 1 to 2 pound ball across the body, keeping the elbow tucked to the side, to the rebounder. Catch the rebounded ball in the same arm position, allowing the arm to comfortably stretch back, and then quickly throw the ball again. Do not pause or stop the ball movement after catching it.



### **Wall dribbles overhead**

Stand facing a wall with your arm held comfortably overhead, above the shoulder joint. Quickly dribble a 1 to 2 pound ball against the wall using your fingertips.



### **Rebounder throwing**

Stand facing a rebounder, with the arm raised in the throwing position. Throw a 1 to 2 pound ball and then catch the rebounded ball in the same throwing position. On the catch, allow the arm to comfortably rotate backward and then quickly throw the ball again. Do not pause or stop the ball movement after catching it.



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### **Decelerations**

Kneel on the floor on the knee on the same side of your throwing arm. Flip a 1 or 2 pound ball backwards over your throwing shoulder. Catch the ball in the throwing position and then decelerate your arm forward through your throwing motion. Quickly flip the ball backward again and repeat.



### **Wall dribble 90's**

Stand facing the wall. Raise the arm into your throwing position. Keeping the elbow close to the wall, quickly bounce a 1 to 2 pound ball against the wall in this position. As you catch the ball, allow the arm to comfortably stretch back into external rotation. Quickly bounce the wall on the wall again. Do not pause or stop the ball movement after catching it.



### **Wall dribble circles**

Stand facing the wall. Raise the arm into an overhead position. Keeping the elbow close to the wall, quickly bounce a 1 to 2 pound ball against the wall using your fingertips. Dribble the ball as you move your arm in an arc from above your head down to shoulder level and back.

