

Throwing

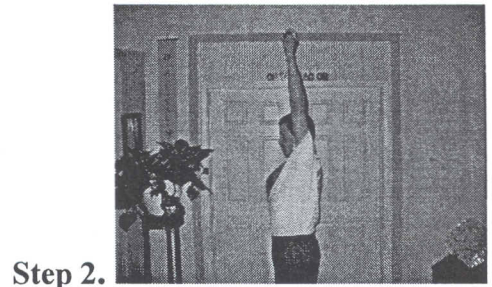
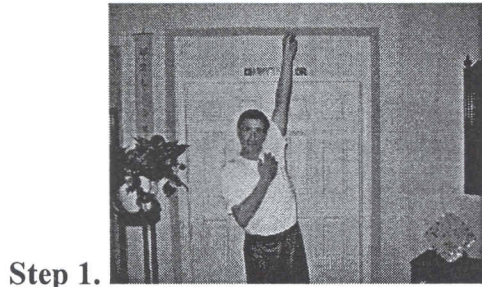
Purpose: Strengthen the muscle, ligaments, and tendons of the shoulder.

Directions: Stand in center of a room, place opposite hand on the effected shoulder.

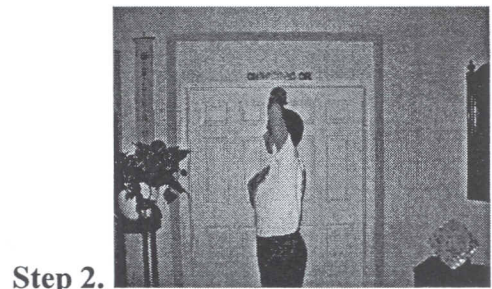
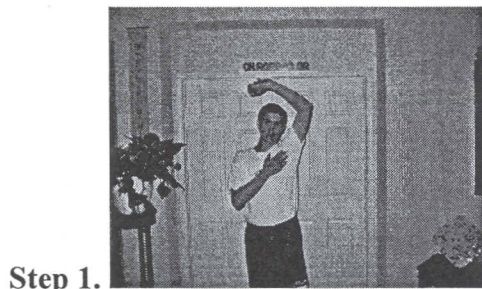
1. Large circles with the arm forward 15 times.
2. Patient with the effected arm at side then moves the hand over the head in a straight line over the shoulder.
3. Patient places the effected arms elbow at ear level. Braces the elbow with the opposite hand and extends the arm 20 times.
4. Patient supports the effected shoulder with the opposite hand and does a figure eight throwing motion.

Name: _____

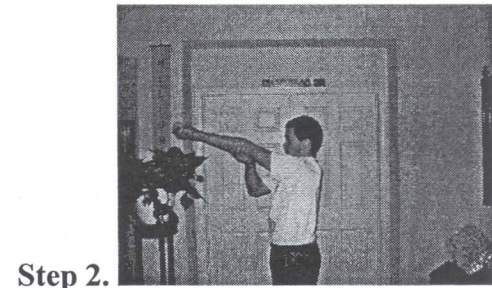
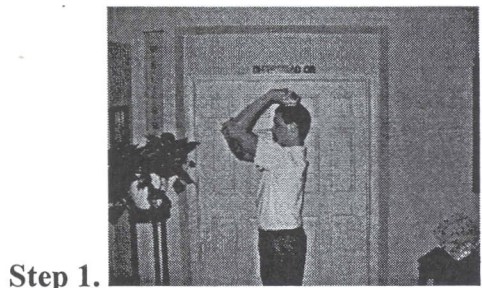
Arm Circle



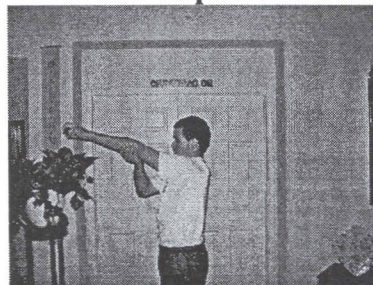
Rotator Cuff



Triceps Isolation



Step3.



1x/day

2x/day

3x/day

4x/day