

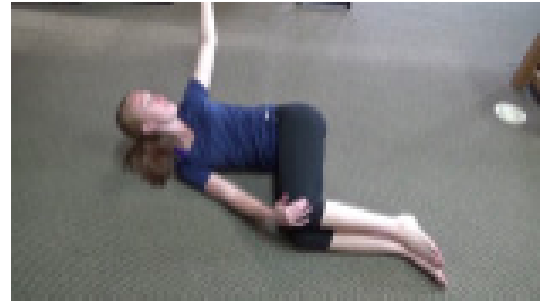
Post Throwing Recovery Program

Open Books

Lie on either side. Bring knees toward chest so the hips are flexed to about 90 degrees. Take the hand closest to the floor and hold legs together so they do not move throughout the exercise. With the top arm, reach behind you. Then, bring the arm forward and reach in front of you. Repeat movement multiple times, then switch sides.

Repeat 10 Times
Complete 3 Sets

Hold 2 Seconds



Thoracic Rotation - Quadruped - 2

While in a crawl position, lower your buttock a little towards your feet to get in a lower position as shown.

Next, with a hand behind your back, rotate your body and your head to the side, then return.

Repeat 10 Times
Complete 3 Sets

Hold 2 Seconds
Perform 1 Time a Day



Half Kneel & Thoracic Rotation 2

Come into a half kneeling position near a wall with your hip furthest to the wall flexed.

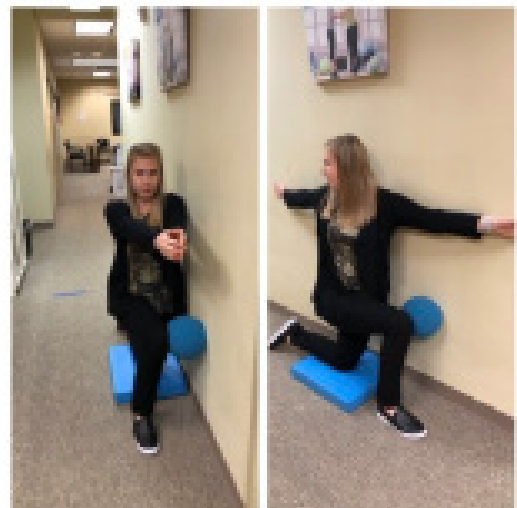
Place a foam ball (or pillow) between your knee and the wall. Rotate your upper body away from the wall without dropping the ball.

The ultimate goal is for your hand to come close to the wall, do what your body is allowing.

To progress hold a theraband.

Repeat 10 Times
Complete 3 Sets

Hold 2 Seconds



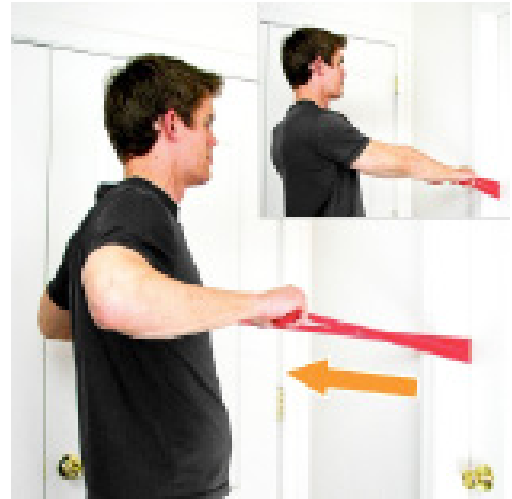
Post Throwing Recovery Program

Elastic Band Rows - 90 ABD

Holding an elastic band with both hands, draw back the band as you bend your elbows. Keep your about 90 degrees away from the side of your body.

**Repeat 10 Times
Complete 3 Sets**

Hold 1 Second



Elastic Band Rows

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.

**Repeat 10 Times
Complete 3 Sets**

Hold 1 Second

