

The New Thrower's Ten

Seven Exercises to Save the Thrower's Shoulder

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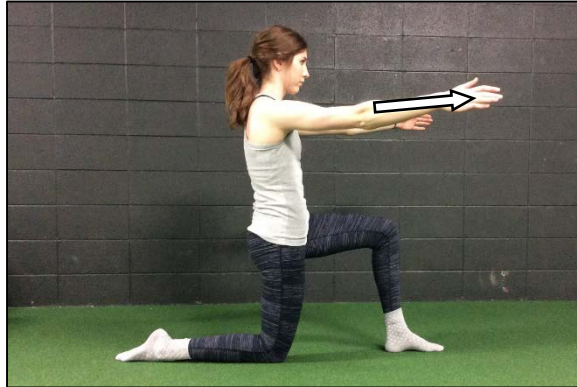
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The following exercises are meant to be done in the order they are presented. Think of these as suggestions to help guide your warm ups, preventative rehabilitation, and exercise plans.

If you have questions about these exercises or anything baseball, feel free to contact either of us.

Handwritten signature of Ty Terrell in black ink.Handwritten signature of Lance Goyke in black ink.

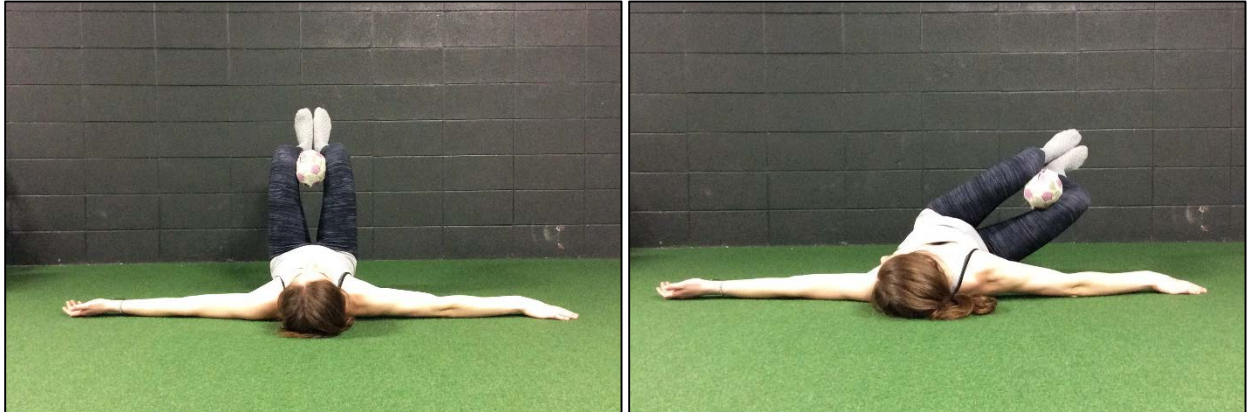
1 SCAPTION WITH REACH



1. Kneel down on one knee, forming a 90-degree angle at both knees.
2. Keeping your thumbs pointed to the sky and arms straight, raise your hands to shoulder level. You should feel the muscles in your upper/middle back turn on.
3. Holding this position, reach through your arms to make them appear longer.
4. Lower your hands back down to your sides.
5. Repeat this sequence for 1 set of 10 reps.

Optional: You can hold weights in your hands to progress this exercise.

2 LOWER TRUNK ROTATION WITH STABLE SCAPS



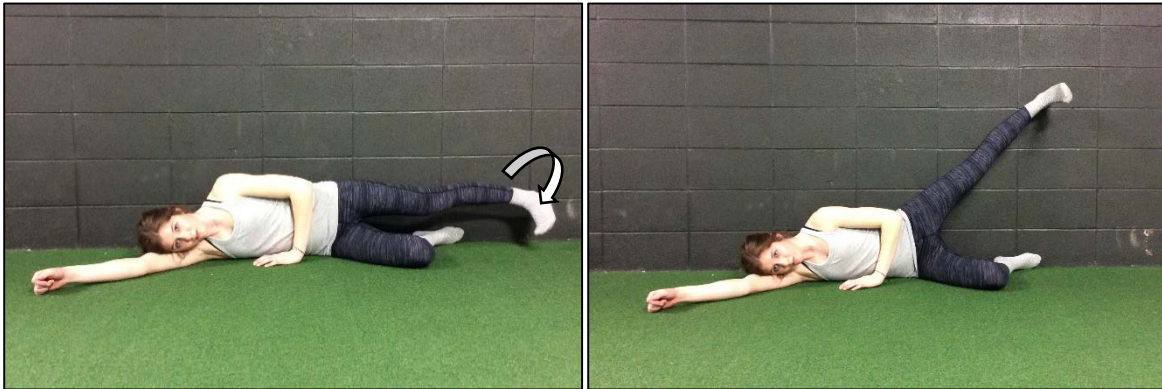
1. Lie on your back with your arms straight out in a T-shape, feet off the ground, and knees bent to 90 degrees. Your thighs should be perpendicular to the ground.
2. Place a small bolster between your knees.
3. Take a breath in through your nose and exhale through your mouth, letting your ribs come down toward your hips. You should feel your outer abdominals engage.
4. Find and feel your shoulder blades in the ground.
5. Holding the “ribs down” position, let your knees fall to the right while turning your head to the left. Simultaneously turn your left palm up to face the sky and your right palm down on the ground.
6. Stop turning just before you can no longer feel your left shoulder blade in the ground. The whole movement should take 3 seconds.
7. Reverse the motion and go the other direction.
8. Repeat this sequence for 1 set of 10 reps each direction.

3 BAND DIAGONAL WITH BREATHING



1. Lie on your back with your knees bent and heels in the ground.
2. Take a breath in through your nose and exhale through your mouth, letting your ribs come down toward your hips. You should feel your outer abdominals engage.
3. Holding the “ribs down” position, bring your right hand toward your right hip and your left hand over your head in a Y shape. Your right palm should face the floor and your left palm should face your head.
4. Inhale through your nose, exhale through your mouth, and pause for 5 seconds. You should feel your back on the ground throughout this entire exercise.
5. Repeat this for 5 total breaths.
6. Relax and perform this same sequence with your arms switched for 5 more breaths.

4 SIDELYING 45s



1. Lie on your right side.
2. Use your right arm like a pillow under your head and your left hand in front of you to help stabilize your trunk.
3. Bend your right knee.
4. Take a breath in through your nose and exhale through your mouth, letting your ribs come down toward your hips.
5. Holding this “ribs down” position, turn your left thigh inward so your toes are pointing down, making sure to keep the left heel slightly behind the line made by your body.
6. Keeping your thigh turned inward and your left heel back, raise your left heel toward the sky until it’s at an approximate 45-degree angle. You should feel your left out hip (buttock) engage.
7. Hold this position while you take 5 deep breaths. Breathe in through your nose, out through your mouth, then pause for 5 seconds on each breath.
8. Relax and repeat this motion for the other leg.
9. Repeat this sequence for 2 sets of 5 breaths on each leg.

Adapted from the [Postural Restoration Institute](#).

5 ALL 4 BELLY LIFT

Level 1

1. Set up on your hands and knees.
2. Take a breath in through your nose and exhale through your mouth, tucking your tailbone between your legs.
3. Pause for 5 seconds.
4. Take a breath in through your nose.
5. Exhale through your mouth and push yourself away from the ground, making your arms appear longer. Pause for 5 seconds.
6. Repeat this sequence for 3 sets of 5 breaths.

Progression: to make it more difficult, try a Level 2 or Level 3 variation.



Level 2

1. Set up on your hands and knees.
2. Take a breath in through your nose and exhale through your mouth, tucking your tailbone between your legs.
3. Pause for 5 seconds. Pick your left hand up and put it on your right chest muscles. These should feel soft.
4. Take a breath in through your nose.
5. Exhale through your mouth and push yourself away from the ground, making your arms appear longer. Pause for 5 seconds.
6. Repeat this sequence for 3-5 breaths.
7. Relax and repeat this sequence with the other arm.
8. Do 3 sets on each side.

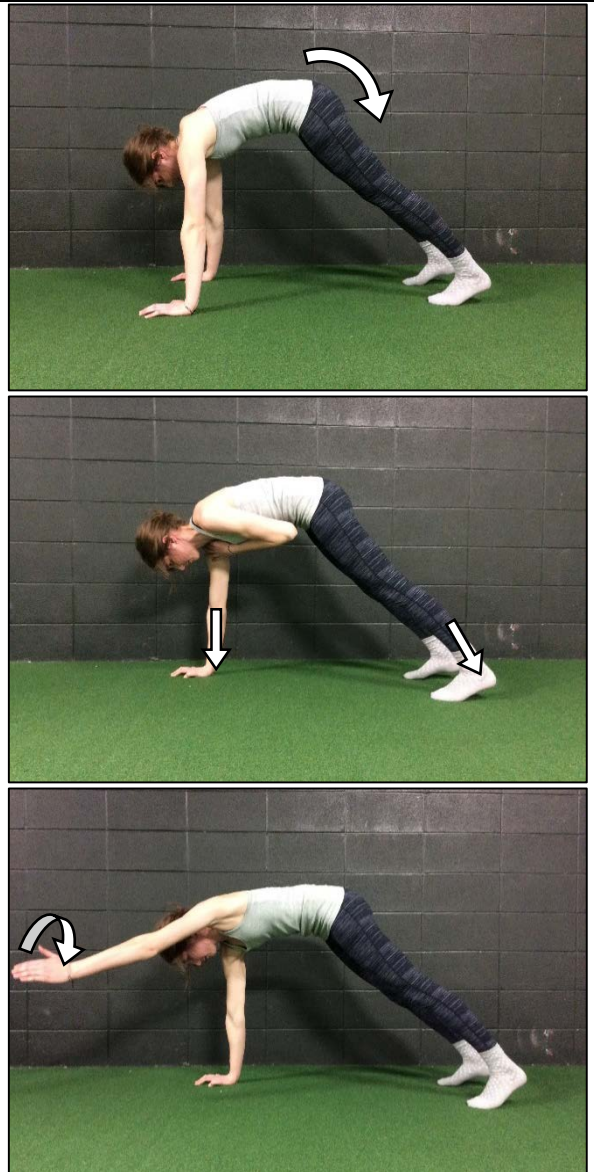
Progression: to make it more difficult, you can reach with the free hand into a diagonal Y shape with the thumb pointed up to the sky.



Level 3

1. Set up on your hands and knees.
2. Take a breath in through your nose and exhale through your mouth, tucking your tailbone between your legs.
3. Straighten your knees and let your heels sink towards the floor.
4. Pause for 5 seconds. Pick your left hand up and put it on your right chest muscles. These should feel soft.
5. Take a breath in through your nose.
6. Exhale through your mouth and push yourself away from the ground, making your arms appear longer.
7. Repeat this sequence for 3-5 breaths.
8. Relax and repeat this sequence with the other arm.
9. Do 3 sets on each side.

Progression: to make it more difficult, you can reach with the free hand into a diagonal Y shape with the thumb pointed up to the sky.



There are many ways to progress this exercise, but doing a variation that is too difficult will do more harm than good. Only when the proper setup position can be maintained is it okay to progress. Look for shoulder blades that are flush with the rib cage in the back as well as the ability to maintain the tucked tailbone. Start everyone at Level 1 or Level 2.

Adapted from the [Postural Restoration Institute](#).

6 SIDE LUNGE



1. Stand with your feet wider than shoulder width.
2. Reach forward with your left arm and backward with your right arm as you shift your body to the right. You should feel your right inside foot arch in the floor.
3. Return to the starting position.
4. Repeat this sequence for 1 set of 10 reps in each direction.

7 LONG SEATED ALTERNATING CROSSOVERS



1. Sit on the ground and with your toes pointed up straight towards the sky. You should feel your “sit bones” on the bottom of your butt. Your back should be straight, not slouched or arched backwards.
2. Keeping your legs straight and toes pointed up to the sky, move your right leg forward as you reach your left arm towards your right leg. Your right arm should move behind your body so that your trunk rotates to the right.
3. Hold this position and inhale through your nose as you attempt to “fill” or expand your left upper back with air.
4. Exhale through your mouth as you maintain this position.
5. Move your left leg forward as you reach your right arm towards your left leg. Your left arm should move behind your body so that your trunk rotates to the left.
6. Repeat steps 2-5 until you have advanced each leg forward 5 times. Hold and perform the breathing steps in picture number two only, as this position is more difficult to achieve.
7. Relax and repeat 4 more times.

Adapted from the Postural Restoration Institute.