

JOHNSON AND HAYES INJURY PREVENTION EXERCISES FOR BASEBALL

SCAPULAR EXERCISES

DYSFUNCTION	EXERCISE	SETS	REPS	DESCRIPTION	VIDEO LINK
1	SERRATUS PRESS	2	10	LYING ON YOUR BACK. GRASP A DUMB BELL IN ONE HAND AND EXTEND YOUR ARM STRAIGHT OUT IN FRONT OF YOU. KEEP YOUR ELBOW STRAIGHT AND PRESS YOUR SHOULDER BLADE OFF THE GROUND.	WATCH VIDEO
1	PRONE ROW	2	10	LYING ON YOUR STOMACH. HOLD A WEIGHT IN ONE HAND OFF THE SIDE OF YOUR BED OR TABLE. ROW YOUR ARM UP TO YOUR SIDE.	WATCH VIDEO
2	PRONE W	2	10	LYING ON YOUR STOMACH. HOLD A WEIGHT IN ONE HAND OFF THE SIDE OF YOUR BED OR TABLE. KEEP YOUR ELBOW BENT TO 90 DEGREES AND LIFT YOUR WHOLE ARM UP INTO THE AIR SO YOUR HAND IS LEVEL WITH YOUR EAR.	WATCH VIDEO
2	PRONE T	2	10	LYING ON YOUR STOMACH. HOLD A WEIGHT IN ONE HAND OFF THE SIDE OF YOUR BED OR TABLE. KEEP YOUR ELBOW STRAIGHT AND RAISE YOUR WHOLE ARM UP TO MAKE IT LOOK LIKE A T.	WATCH VIDEO
2	PRONE Y	2	10	LYING ON YOUR STOMACH. HOLD A WEIGHT IN ONE HAND OFF THE SIDE OF YOUR BED OR TABLE. HOLDING A WEIGHT LET YOUR ARM HANG OFF A SURFACE., THEN LIFT YOUR ARM UP IN THE AIR LIKE A Y.	WATCH VIDEO