

JOHNSON AND HAYES INJURY PREVENTION EXERCISES FOR BASEBALL

THROWER'S 10 EXERCISES

EXERCISE	SETS	REPS	DESCRIPTION	VIDEO LINK
D2 EXTENSION	2	10-15	INVOLVED HAND WILL GRIP TUBING HANDLE OVERHEAD AND OUT TO THE SIDE. PULL TUBING DOWN AND ACROSS YOUR BODY TO THE OPPOSITE SIDE OF LEG. DURING THE MOTION, LEAD WITH YOUR THUMB	WATCH VIDEO
D2 FLEXION	2	10-15	GRIPPING TUBING HANDLE IN HAND OF INVOLVED ARM, BEGIN WITH ARM OUT FROM SIDE 45° AND PALM FACING BACKWARD. AFTER TURNING PALM FORWARD, PROCEED TO FLEX ELBOW AND BRING ARM UP AND OVER INVOLVED SHOULDER. TURN PALM DOWN AND REVERSE TO TAKE ARM TO STARTING POSITION	WATCH VIDEO
EXTERNAL ROTATION AT 0°	2	10-15	STAND WITH INVOLVED ELBOW FIXED AT SIDE, ELBOW AT 90° AND INVOLVED ARM ACROSS FRONT OF BODY. GRIP TUBING HANDLE WHILE THE OTHER END OF TUBING IS FIXED. PULL OUT ARM, KEEPING ELBOW AT SIDE. RETURN TUBING SLOWLY AND CONTROLLED	WATCH VIDEO
INTERNAL ROTATION AT 0°	2	10-15	STANDING WITH ELBOW AT SIDE FIXED AT 90° AND SHOULDER ROTATED OUT. GRIP TUBING HANDLE WHILE OTHER END OF TUBING IS FIXED. PULL ARM ACROSS BODY KEEPING ELBOW AT SIDE. RETURN TUBING SLOWLY AND CONTROLLED	WATCH VIDEO
EXTERNAL ROTATION AT 90°	3	10-15	STAND WITH SHOULDER ABDUCTED 90°. GRIP TUBING HANDLE WHILE THE OTHER END IS FIXED STRAIGHT AHEAD, SLIGHTLY LOWER THAN THE SHOULDER. KEEPING SHOULDER ABDUCTED, ROTATE SHOULDER BACK KEEPING ELBOW AT 90°. RETURN TUBING AND HAND TO START POSITION.	WATCH VIDEO
INTERNAL ROTATION AT 90°	3	10-15	STAND WITH SHOULDER ABDUCTED TO 90°, EXTERNALLY ROTATED 90° AND ELBOW BENT TO 90°. KEEPING SHOULDER ABDUCTED, ROTATE SHOULDER FORWARD, KEEPING ELBOW BENT AT 90°. RETURN TUBING AND HAND TO START POSITION.	WATCH VIDEO

THROWER'S 10 EXERCISES

EXERCISE	SETS	REPS	DESCRIPTION	VIDEO LINK
SHOULDER ABDUCTION TO 90*	2	10-15	STAND WITH ARM AT SIDE, ELBOW STRAIGHT, AND PALM AGAINST SIDE. RAISE ARM TO THE SIDE, PALM DOWN, UNTIL ARM REACHES 90° 2 - 5 Pounds	WATCH VIDEO
SIDELYING EXTERNAL ROTATION	2	10-15	LIE ON UNINVOLVED SIDE, WITH INVOLVED ARM AT SIDE OF BODY AND ELBOW BENT TO 90°. KEEPING THE ELBOW OF INVOLVED ARM FIXED TO SIDE, RAISE ARM. HOLD SECONDS AND LOWER SLOWLY. 2 - 5 Pounds	WATCH VIDEO
PRONE HORIZONTAL ABDUCTION	2	10-15	LIE ON TABLE, FACE DOWN, WITH INVOLVED ARM HANGING STRAIGHT TO THE FLOOR, AND PALM FACING DOWN. RAISE ARM OUT TO THE SIDE, PARALLEL TO THE FLOOR. HOLD 2 SECONDS AND LOWER SLOWLY. 2 - 5 Pounds	WATCH VIDEO
PRONE ABDUCTION WITH ER	2	10-15	LIE ON TABLE FACE DOWN, WITH INVOLVED ARM HANGING STRAIGHT TO THE FLOOR, AND THUMB ROTATED UP (HITCHHIKER). RAISE ARM OUT TO THE SIDE WITH ARM SLIGHTLY IN FRONT OF SHOULDER, PARALLEL TO THE FLOOR. HOLD 2 SECONDS AND LOWER SLOWLY. 2 - 5 Pounds	WATCH VIDEO
PRONE ROW	2	10-15	LYING ON YOUR STOMACH WITH YOUR INVOLVED ARM HANGING OVER THE SIDE OF THE TABLE, DUMBBELL IN HAND AND ELBOW STRAIGHT. SLOWLY RAISE ARM, BENDING ELBOW, AND BRING DUMBBELL AS HIGH AS POSSIBLE. HOLD AT THE TOP FOR 2 SECONDS, THEN SLOWLY LOWER. 10 - 15 Pounds	WATCH VIDEO
PRONE ROW W/ER	2	10-15	LYING ON YOUR STOMACH WITH YOUR INVOLVED ARM HANGING OVER THE SIDE OF THE TABLE, DUMBBELL IN HAND AND ELBOW STRAIGHT. SLOWLY RAISE ARM, BENDING ELBOW, UP TO THE LEVEL OF THE TABLE. PAUSE ONE SECOND. THEN ROTATE SHOULDER UPWARD UNTIL DUMBBELL IS EVEN WITH THE TABLE, KEEPING ELBOW AT 90°. HOLD AT THE TOP FOR 2 SECONDS, THEN SLOWLY LOWER TAKING 2 - 3 SECONDS. 2 - 5 Pounds	WATCH VIDEO
PRESS UPS	2	10-15	SEATED ON A CHAIR OR TABLE, PLACE BOTH HANDS FIRMLY ON THE SIDES OF THE CHAIR OR TABLE, PALM DOWN AND FINGERS POINTED OUTWARD. HANDS SHOULD BE PLACED EQUAL WITH SHOULDERS. SLOWLY PUSH DOWNWARD THROUGH THE HANDS TO ELEVATE YOUR BODY. HOLD THE ELEVATED POSITION FOR 2 SECONDS AND LOWER BODY SLOWLY.	WATCH VIDEO
PUSH UPS	2	10-15	START IN THE DOWN POSITION WITH ARMS IN A COMFORTABLE POSITION. PLACE HANDS NO MORE THAN SHOULDER WIDTH APART. PUSH UP AS HIGH AS POSSIBLE, ROLLING SHOULDERS FORWARD AFTER ELBOWS ARE STRAIGHT. START WITH A PUSH-UP INTO WALL. GRADUALLY PROGRESS TO TABLE TOP AND EVENTUALLY TO FLOOR AS TOLERABLE.	WATCH VIDEO

THROWER'S 10 EXERCISES

EXERCISE	SETS	REPS	DESCRIPTION	VIDEO LINK
ELBOW FLEXION	2	10-15	STANDING WITH ARM AGAINST SIDE AND PALM FACING INWARD, BEND ELBOW UPWARD TURNING PALM UP AS YOU PROGRESS. HOLD 2 SECONDS AND LOWER SLOWLY. 10 - 15 Pounds	WATCH VIDEO
ELBOW EXTENSION	2	10-15	RAISE INVOLVED ARM OVERHEAD. PROVIDE SUPPORT AT ELBOW FROM UNINVOLVED HAND. STRAIGHTEN ARM OVERHEAD. HOLD 2 SECONDS AND LOWER SLOWLY. 5 - 15 Pounds	WATCH VIDEO
ELBOW SUPINATION	2	10-15	FOREARM SUPPORTED ON TABLE WITH WRIST IN NEUTRAL POSITION. USING A WEIGHT OR HAMMER, ROLL WRIST TAKING PALM UP. HOLD FOR A 2 COUNT AND RETURN TO STARTING POSITION. 2 - 5 Pounds	WATCH VIDEO
ELBOW PRONATION	2	10-15	FOREARM SHOULD BE SUPPORTED ON A TABLE WITH WRIST IN NEUTRAL POSITION. USING A WEIGHT OR HAMMER, ROLL WRIST TAKING PALM DOWN. HOLD FOR A 2 COUNT AND RETURN TO STARTING POSITION. 2 - 5 Pounds	WATCH VIDEO
WRIST EXTENSION	2	10-15	SUPPORTING THE FOREARM AND WITH PALM FACING DOWNWARD, RAISE WEIGHT IN HAND AS FAR AS POSSIBLE. HOLD 2 SECONDS AND LOWER SLOWLY. 5 - 10 Pounds	WATCH VIDEO
WRIST FLEXION	2	10-15	SUPPORTING THE FOREARM AND WITH PALM FACING UPWARD, LOWER A WEIGHT IN HAND AS FAR AS POSSIBLE AND THEN CURL IT UP AS HIGH AS POSSIBLE. HOLD FOR 2 SECONDS AND LOWER SLOWLY. 5 - 15 Pounds	WATCH VIDEO

ALL EXERCISES AND DESCRIPTIONS WERE TAKEN FROM DR. JAMES ANDREWS THROWER'S 10 PROGRAM, AND ADVANCED CONTINUING EDUCATION INSTITUTE, LLC.