



# NYUHJD

NYU-Hospital for Joint Diseases  
Department of Orthopaedic Surgery

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Orthopaedic Surgery

Sports Medicine

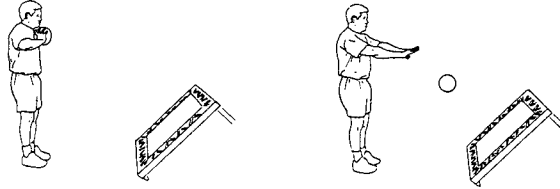
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## Plyometrics

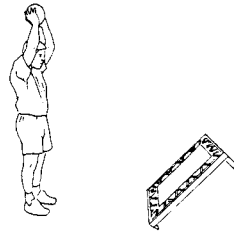
### 1. Chest Pass:

Stand facing a plyoback. Use both hands to hold a 3 lb. medicine ball against the chest. Push the ball away from the chest into the plyoback. Allow ball to return to starting position as you catch it. Perform \_\_\_\_\_ sets \_\_\_\_\_ repetitions.



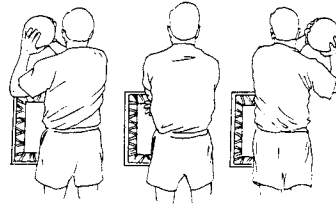
### 2. Two hand overhead soccer throw:

Stand or kneel facing a plyoback. Hold a 3-5 lb medicine ball in both hands. Raise the ball overhead; then throw it into the plyoback. Catch the ball overhead as it rebounds. Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions.



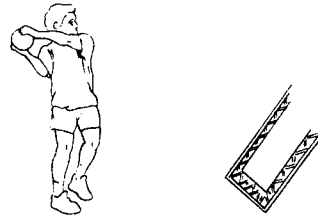
### 3. Two-hand side-to-side throw:

Stand facing a plyoback. Hold a 3-5 lb medicine ball with both hands, positioned over one shoulder. Throw the ball into the plyoback; then catch it with both hands over the opposite shoulder. Continue alternating sides. Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions. This exercise can also be used to train the rotators of the hips and trunk by allowing the body to rotate slightly as the ball is caught.



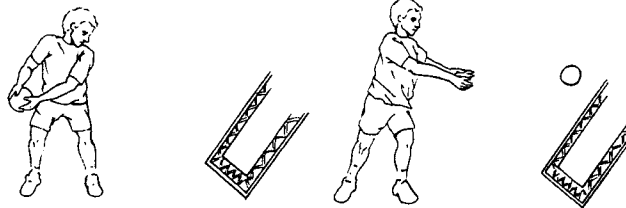
### 4. Two-hand side throw:

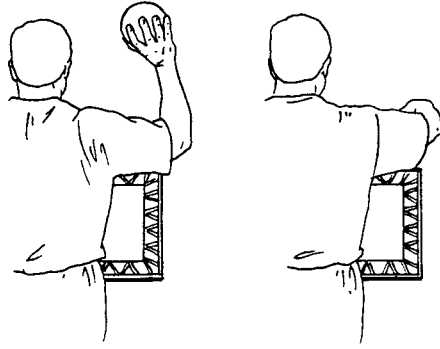
Stand sideways in front of a plyoback. Hold a small medicine ball in both hands. Bring the ball over one shoulder, then throw in a side arm fashion into the plyoback. Catch the ball allowing body to turn slightly.



### 5. Two-hand underhand throw:

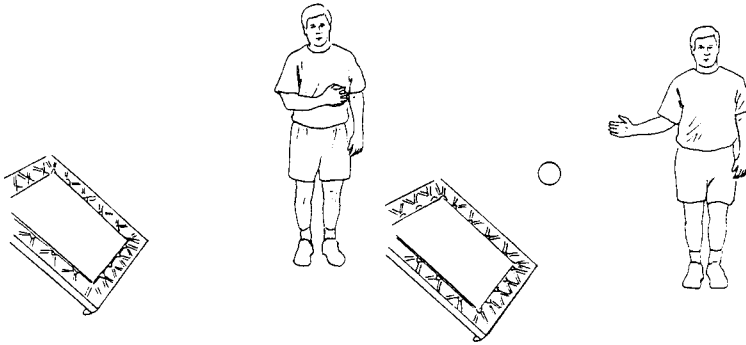
Stand sideways in front of a plyoback. Hold a medicine ball with both hands in front of you, below waist level. Bring the ball over to one side, then throw it in an underhand fashion against the plyoback. Catch the ball then throw it again.





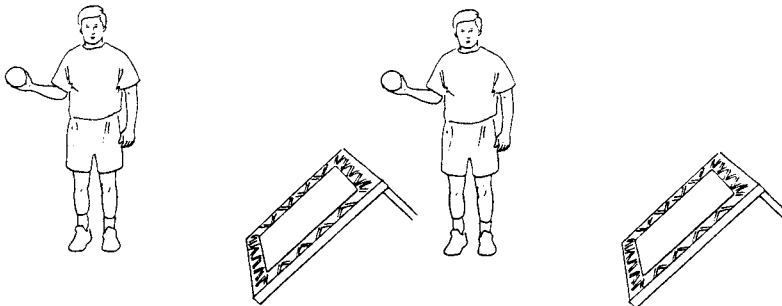
**6. Baseball toss at 90/90:**

Stand facing a plyoback with the arm at a 90 degree angle away from the body and the elbow bent to 90 degrees (cocking position). Hold a 2 lb medicine ball. Forcefully throw the ball into the plyoback; then catch it as it rebounds, maintaining the same position of the arm and elbow. Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions. This exercise can also be used to train the legs and trunk to accelerate the arm by stepping out as the ball is thrown.



**7. Backhand ER at 0 degrees:**

Stand sideways with the involved side toward the plyoback and a 1-3 lb medicine ball in the involved hand. Keep the upper arm against the body and bend the elbow to 90 degrees. Rotate the arm in toward the chest; then forcefully rotate out, throwing the ball into the plyoback. Try to catch the ball as it rebounds with the palm towards the body and upper arm close to side. Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions.



**8. Backhand IR at 0 degrees:**

Stand sideways with the uninvolved side nearest the plyoback and a 1-3 lb medicine ball in the involved hand. Keep the upper arm of the involved side close to the body and the elbow bent to 90 degrees. Allow the arm to rotate out; then forcefully throw the ball into the plyoback. Catch the ball while maintaining the upper arm against the body. Perform \_\_\_\_\_ sets of \_\_\_\_\_ repetitions.



**9. Wall dribble:**

Stand facing a wall. Hold a 1-3 lb medicine ball slightly above shoulder level. Dribble the ball against the wall. Perform \_\_\_\_\_ sets of \_\_\_\_\_ seconds each. This exercise can be progressed by dribbling the ball in an arch along the wall.