

INJECTION/REHABILITATION PROGRAM

Thrower's Shoulder

Day Activity

- 1-3 Minimal Exercise (Stretch, Mild Strength)
4. Thrower's Ten Program
Toss, Stretch, Play Catch 30-45 Feet
5. Exercise Program
Thrower's Ten Program
6. Thrower's Ten Program
Toss, Stretch, 45-60 Feet
7. Thrower's Ten Exercise Program
Toss, Throw on Line From 90 Feet
8. Thrower's Ten Exercise Program
Stretch
9. Light Exercise
Toss, Throw on Line from 90 Feet
10. Light Exercise
Stretch, Throw from Mound (50%) Effort (45-50 Throws)

Progress Program According to Symptoms