JAG PHYSICAL THERAPY

THROWER'S 10 PROGRAM

DIAGONAL D2 PATTERN



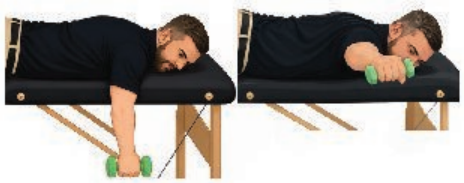
SHOULDER ABDUCTION



SCAPTION WITH INTERNAL ROTATION



PRONE HORIZONTAL ABDUCTION



PRONE EXTERNAL ROTATION



PRESS UP



PRONE ROWS



PUSH UPS



BICEP CURLS



OVERHEAD TRICEPS EXTENSION



WRIST EXTENSION



WRIST FLEXION



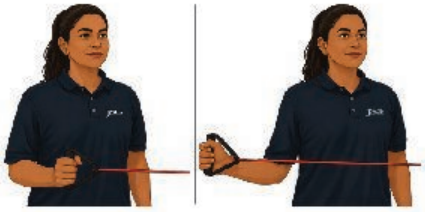
WRIST SUPINATION



WRIST PRONATION



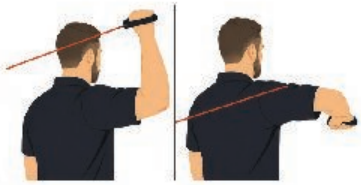
EXTERNAL ROTATION WITH BAND



INTERNAL ROTATION WITH BAND



INTERNAL ROTATION AT 90° WITH BAND



EXTERNAL ROTATION AT 90° WITH BAND



SCAN HERE
TO FOLLOW ALONG

The Thrower's Ten Program is an evidence based shoulder strengthening routine designed to improve strength, stability, and muscular endurance for overhead athletes.