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Appendix

Return-to-Throwing Program

Return to Throwing Program

1. Warm-up: 10-15 minutes with bike, upper-extremity bike, and/or jog

Stretches:

Posterior Capsule

Post Internal Rotation



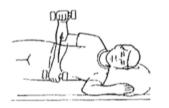


2. Throwing Exercises

External Rotation (ER) Exercises:

Side-lying ER

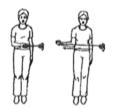
Prone Horizontal Abduction/Clock Extension





ER @ 0 (elbow close to side)

ER @ 90





Internal Rotation (IR) Exercises:

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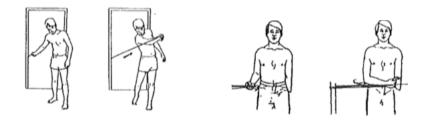
NONOPERATIVE TREATMENT OF MEDIAL ULNAR COLLATERAL LIGAMENT INJURIES IN THE THROWING ATHLETE. INDICATIONS, EVALUATION, AND MANAGEMENT

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Tennis Forehand (band)

IR @ 0° abduction (arm at side)



IR @ 90° (elbow bent at 90° angle)



Supraspinatus Training:

Active Jobe position/Full can

Military Press





Scapular Training:

Prone Rowing:

Superman with Scapular Retraction:





Forearm Pronation/Supination:

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Wrist Extension/Flexion:



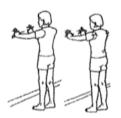
Elbow Flexion/Extension:



Press-ups/Sitting chair-ups:

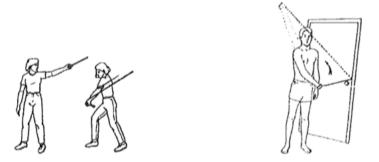


Push-ups:



Proprioceptive Neuromuscular Facilitation Extension/Flexion:

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Strengthening and conditioning of legs, back, and trunk including abdominal exercises, hip stability/balance as well as postural exercises