**Supplemental Table 1b: Advanced Thrower’s Ten Exercise Program.**138

**Modified from:** Wilk KE, et al. The Advanced Throwers Ten Exercise Program: a new exercise series for enhanced dynamic shoulder control in the overhead throwing athlete. *Phys Sportsmed*. 2011;39(4):90-97.

**Tools: Stability Ball, Rubber tubing, exam table or workout bench, 2-5 pound dumbbell**

**Workload: Two to Three sets of 10**

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| **1) IR/ER rotation using rubber tubing at 0° of abduction** | Seated on stability ball |
| **2) Full can** | Seated on stability ball |
| **3) Lateral raise to 90° of abduction** | Seated on stability ball |
| **4) Side-lying ER** | **Using exam table/workout bench** |
| **5a) T raises prone (aka** *Prone horizontal abduction)* | **Seated on a stability ball** |
| **5b) Y raises prone (***Prone horizontal abduction at approximately 105° of abduction with full ER)* | **Seated on a stability ball** |
| **7) Prone row into ER** | **Seated on a stability ball** |
| **7) Lower Trapezius 5 Series**  **a) Shoulder extension in ER**  **b) Shoulder extension at 45° in ER**  **c) Standing wall circle slides**  **d) Standing low row**  **e) Standing table press-downs with scapular depression** | Seated on a stability ball for 8a and 8b |
| **8) Biceps, Triceps, and Forearm:**  **a) Bicep Curls**  **b) Triceps Extension**  **c) Wrist Flexion and Extension**  **d) Wrist Supination and Pronation** | **Seated on a stability ball**  **9a and 9b: Use rubber tubing**  **9c and 9d:** Use dumbbells |

*Exercises 1-3, 5-7 = Hold each repetition for one to two seconds before slowly returning to starting position*