**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**

|  |  |
| --- | --- |
| **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*