

Advanced Throwers 10:**ADVANCED THROWERS TEN**

Adapted from Kevin E. Wilk, PT, DPT, FAPTA;
Christopher A. Arrigo, MS, PT, ATC; Todd R.
Hooks, PT, ATC, OCS, SCS, NREMT-1, CSCS,
CMTPT, FAAOMPT; and James R. Andrews, MD

Advanced Thrower's Ten exercises are initiated to challenge the endurance of the posterior rotator cuff, scapular musculature, lumbar extensors, gluteals, and hamstrings. These types of exercises engage the posterior lower extremity chain and link the upper extremity with the lower extremity. Exercises to increase muscular activity, neuromuscular control, and endurance are essential in the force production for overhead throwing athletes.

- External rotation at 0° abduction while seated on a stability ball
- Internal rotation at 0° abduction while seated on a stability ball
- External rotation at 0° abduction with sustained hold while seated on a stability ball
- Internal rotation at 0° abduction with sustained hold while seated on a stability ball
- Shoulder abduction to 90° with sustained hold while seated on a stability ball
- Scaption, external rotation (“full can”) with sustained hold while seated on a stability ball
- Side-lying external rotation
- Prone horizontal abduction with sustained hold on stability ball
- Prone horizontal abduction (full external rotation, 100° abduction) with sustained hold on a stability ball

- Prone row on a stability ball
- Prone row into external rotation with sustained hold on a stability ball
- Seated scapular retraction into external rotation on a stability ball
- Seated low trap on a stability ball
- Seated neuromuscular control on a stability ball
- Tilt-board push-ups
- Elbow flexion and extension on a stability ball
- Wrist extension, flexion, supination, and pronation