**SHOULDER PROGRAM**

**OVERHEAD ATHLETE**



# FLEXION TO 90 SCAPTION TO 90 EXTERNAL ROTATION 90/90



**HORIZONTAL ABDUCTION EXTENSION PRONE FLEXION TO 135**



SIDELYE IR PRONE HORIZONTAL ABDUCTION WITH ER

  

SIDELYE ER PRONE UP AND OUTS



CONCENTRIC THROWING MOTION (PULL)



ECCENTRIC THROWING (SLOW DOWNWARD)



# START MID FINISH

**D:2 THROWING MOTION**