

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