

This routine is intended to prepare your muscles for throwing. You should begin with a light jog to build up a sweat, then complete the routine prior to throwing. If you have any questions, please contact OrthoNebraska Physical Therapy at (402) 609-1750.

### MILLION DOLLAR STRETCH



Stand grasping back of elbow with other hand. Pull the elbow and arm across your chest so that you feel a stretch. Hold 15 sec, 5 reps.

### FOREARM STRETCH



With elbow straight and palm up, pull wrist back using the opposite hand. Hold 15 sec, 5 reps.

### 90-90 PULLDOWN



Place your arm up in a 90°/90° position. Rotate your arm forward against the resistance in a throwing motion. 30 reps.

### 90-90 ROLLBACKS



Put your arm up in a 90°/90° position, then rotate your arm backward against the resistance as if you were preparing to throw a ball. 30 reps.

### T'S



Raise up and pull arms back to make a T while you squeeze shoulder blades together. 30 reps.

### FLY'S



Pull hands forward toward midline, keeping arms straight. 30 reps.

## PULL THROUGHS



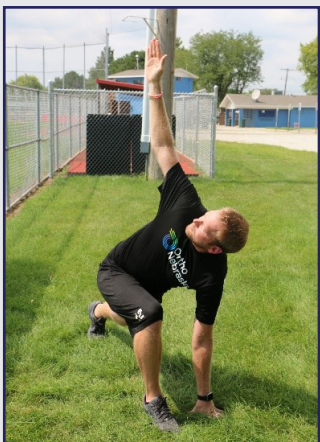
Begin in a staggered stance, throwing arm back. Pull arm forward and bend at the waist like you are throwing ball. 30 reps.

## COCK UPS



Begin in a staggered stance bent at the waist. Reach arm while back while you pull/twist body back like you are throwing a ball. 30 reps.

## WORLD'S GREATEST STRETCH



In a lunge position place one hand on the ground. Rotate body and reach opposite hand toward the sky. Hold 15 sec, 5 reps. Repeat on other side.