

Notes :

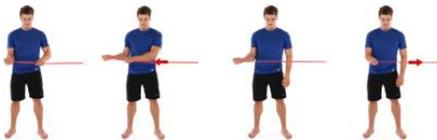
When in-season, perform 1 set of 10 repetitions 1-2 days/week.
When out of season, perform 2 sets of 10 repetitions 2-3 days/week.

1 Eccentric internal rotation



Anchor one end of a resistance band to an object located on your affected arm's side at elbow height and hold the other end with your affected hand.
Tuck your chin and set your shoulder blade back and down.
Assist the internal rotation with your healthy arm by pulling on the band-so you don't have to use your injured arm to internally rotate the shoulder.
Then, come back under control to the starting position using the injured arm.
The goal of the exercise is to strengthen only the return phase of the movement.
Make sure your elbow does not come away from your body.
Keep the elbow bent at 90°.

2 Eccentric external rotation



Anchor one end of a resistance band to an object located on your opposite affected arm's side and hold the other end with your affected hand.
Tuck your chin and set your shoulder blade back and down.
Assist the external rotation with your healthy arm by pulling on the band-so you don't have to use your injured arm to internally rotate the shoulder.
Then, come back under control to the starting position using the injured arm.
The goal of the exercise is to strengthen only the return phase of the movement.
Make sure your elbow does not come away from your body.
Keep the elbow bent at 90°.

3 Prone rowing DB



Lie on your stomach with your arm hanging over the side of the table, dumbbell in hand and elbow straight.
Slowly pull the dumbbell up, bending at the elbow and bringing the dumbbell as high as possible.
Hold at the top for the prescribed time, then lower slowly.

4 Elbow extension, elastic



Tie an elastic to the doorknob of a closed door.
Set a chair so that you are sitting with your back against the door.
Hold the elastic with your hand and stretch your elbow as much as possible in front of you.

5 Eccentric wrist extension



Hold a weight in your hand and rest your forearm on a table, so your wrist is placed over the edge of the table with the palm facing down.
Lift the weight and your hand, using the opposite hand, as high as possible, while keeping your forearm on the table.
Then, slowly lower the weight completely.
The purpose of the exercise is to strengthen only the lowering portion of the movement
Repeat.