



Jobe Weight Exercise Program

Purpose: To strengthen the shoulder and elbow joint.

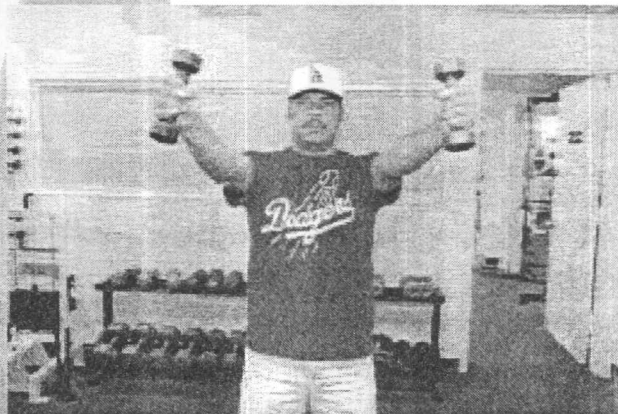
Coaching Tips: Each exercise is done to a two count in the positive contraction and four count for the negative contraction. Exercises are to be done 4 times a week with two sets of ten repetitions.

SHOULDER EXERCISES

SHOULDER FLEXION:

This exercise strengthens part of the deltoid muscle as well as other muscle in the front of the shoulder

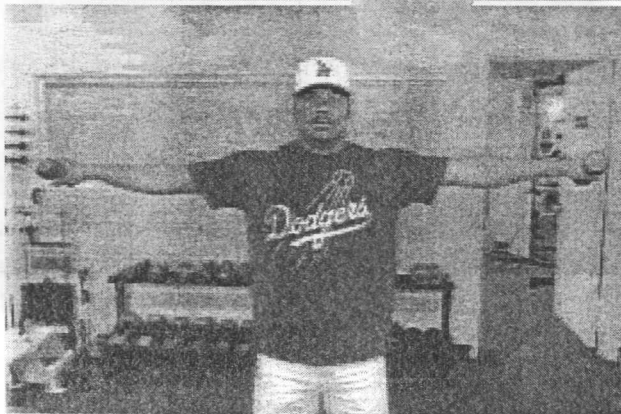
1. Stand or sit with your arm at your side, palm toward your thigh.
2. Keeping your elbow straight, raise your arm, leading with the thumb.
3. Continue slowly until your arm is overhead.
4. Return slowly to the starting position and repeat.



SHOULDER ABDUCTION:

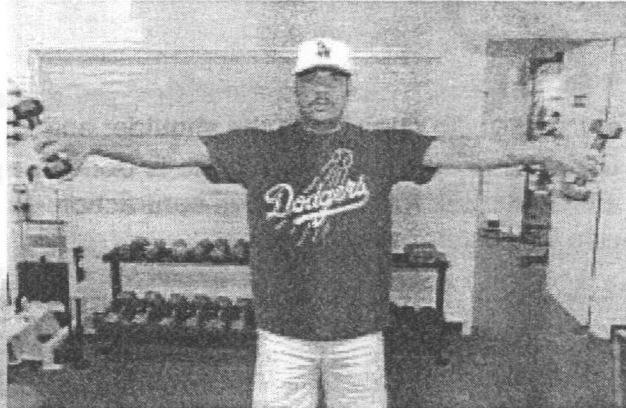
This exercise strengthens the deltoid muscle, one of the most powerful muscles in the shoulder. To increase efficiency and decrease the risk of injury, work to 90 degrees elevation.

1. Stand with arms at your sides.
2. Lift arms to shoulder height, keeping elbows straight.
3. Lower arms slowly to starting position and repeat.



ROTATOR CUFF ELEVATION (Supraspinatus)

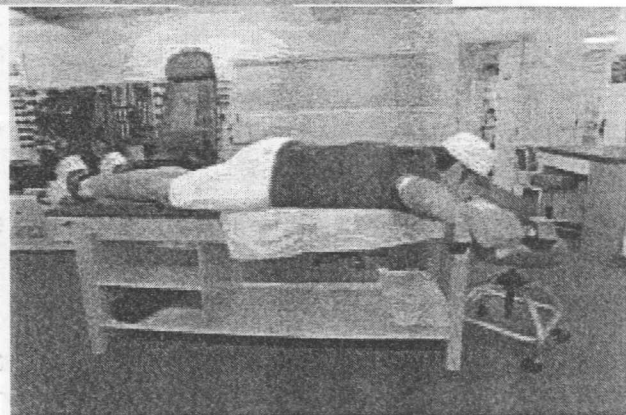
1. Stand with arms at your side and weights in hand. Keeping your elbows straight, turn arms in so that the thumbs are pointing downward.
2. Bring arms forward, slightly in front of body.
3. Raise your arms to 80 degrees, keeping your elbows extended and thumbs pointed toward the floor.
4. Slowly lower your arms to starting position and repeat.



HORIZONTAL ABDUCTION

This exercise strengthens the posterior shoulder muscles, which contribute to proper positioning during overhead athletic activities. You may also do this exercise on your stomach, on the edge of a table or workout bench.

1. Stand next to a table or bench, leaning forward from the hips, with your arm perpendicular to the floor.
2. Lift your arm up and to the side, keeping your elbow straight. Continue lifting until your arm is parallel to the floor. Make sure you don't lift your hand higher than your shoulder.
3. Return slowly to the starting position. Begin the next repetition right away to avoid unnecessary traction on your shoulder.



Dodgers

Los Angeles Dodgers Conditioning Program

ARM CARE AND MAINTENANCE:
PREVENTATIVE ELBOW EXERCISES
DEVELOPED BY BRIAN SCHERR, PT & CHARLIE STRASSER, ATC

PURPOSE:

- PREVENT INJURY
- MAINTAIN DURABILITY THROUGHOUT THE SEASON
- INCREASE THE STRENGTH OF THE STRUCTURES THAT OVERLAP THE ULNAR COLLATERAL LIGAMENT
- REDUCE INFLAMATION AND ASSISTS IN POST THROWING RECOVERY

HOW DO WE ACCOMPLISH THE ABOVE:

- PREVENTATIVE WRIST/FOREARM/ELBOW EXERCISE PROGRAM
- PRE-THROWING CONSIDERATIONS
 - PROPER WARM UP
 - PROPER STRETCHING
- POST-THROWING CONSIDERATIONS
 - ICE
 - COOL-DOWN
- ONCE WARM, STAY WARM

STANDARD WRIST/FOREARM/ELBOW PROGRAM:

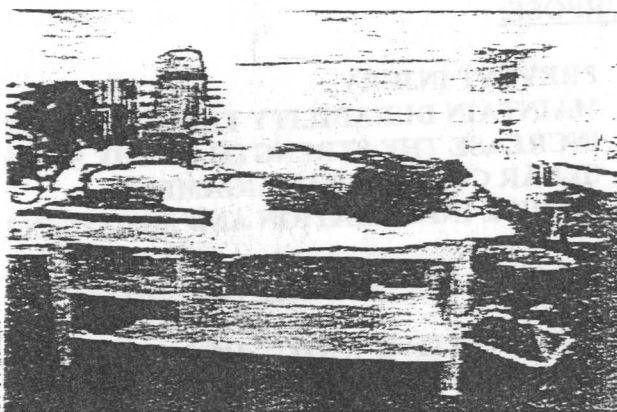
- PERFORM EXERCISES EVERY THIRD DAY.
- EXERCISES SHOULD BE PERFORMED SLOWLY AND WITH EXCELLENT FORM
- PERFORM 2 SETS OF 15-20 REPETITIONS

STANDARD EXERCISES:

1. FIST PUMPS 2X75 (HANDS OVER HEAD)
2. WRIST CURLS
3. WRIST EXTENSION
4. BICEP CURLS
5. TRICEP PRESS DOWNS (FAIRLY LIGHT WEIGHT)
6. ULNAR DEVIATION
7. PRONATION
8. SUPINATION

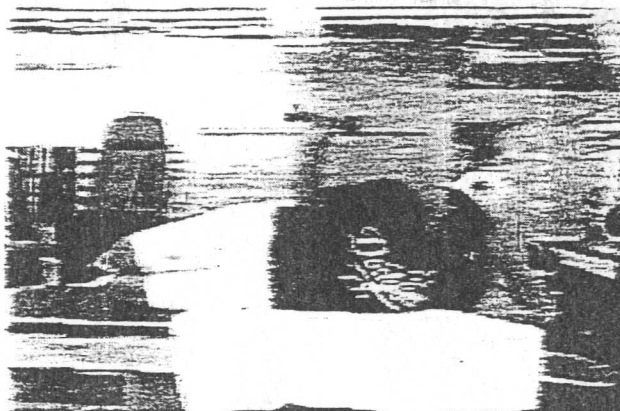
SHOULDER EXTENSION

The muscles of the posterior portion of the shoulder are sometimes neglected in athletic workouts. These muscles are essential for proper control of the arm during the follow-through phase of many overhead sports. You may also do this exercise while on your stomach, on a table, with your arm over the edge.



1. Stand next to a table or bench. Lean from the hips, using the arm closest to the bench for balance. Allow the other arm to hang perpendicular to the floor.
2. Holding a weight, lift the arm backwards until it is level with your trunk. Keep your elbow straight and arm close to your trunk.
3. Return slowly to the starting position. Begin the next repetition right away to avoid unnecessary traction on your shoulder.

EXTERNAL ROTATION (Infraspinatus and teres minor)



1. Lie on the side opposite your dominant arm.
2. Bring your arm to your side with the elbow bent 90 degrees.
3. Lift your hand toward the ceiling, keeping your arm and elbow close to your trunk.
4. Return slowly to the starting position and repeat.

Dodgers

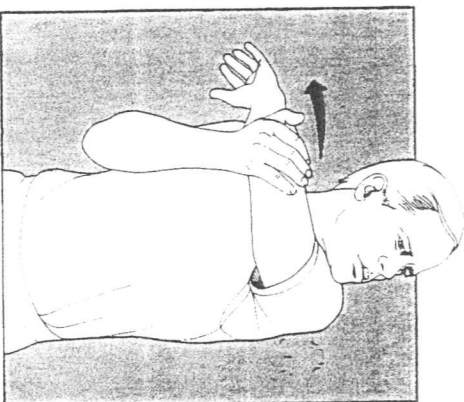
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STRETCHING

We now know that too much stretching is detrimental to the shoulder and to athletic performance. If the capsule or ligaments are overstretched, they can contribute to instability and injury. For that reason, we no longer recommend stretching the front of the shoulder. The back of the shoulder is the only part that should be stretched regularly. Hold each stretch for a count of "15" and repeat three times. Perform these exercises on each arm.

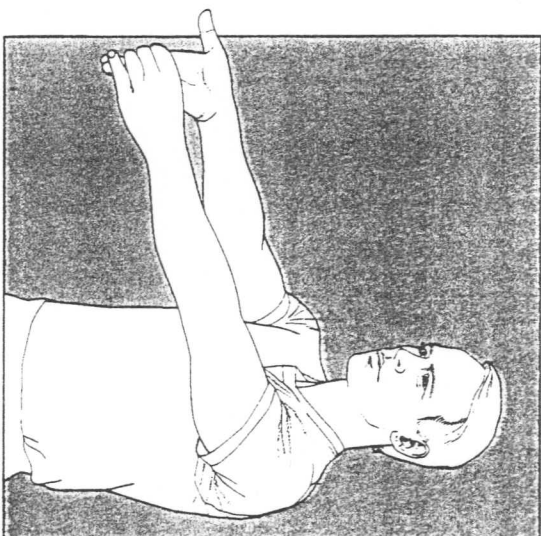
POSTERIOR SHOULDER STRETCH

1. Lift your arm to shoulder height.
2. Using your opposite arm, pull the arm across your body. You should feel the tension in the back of your shoulder.

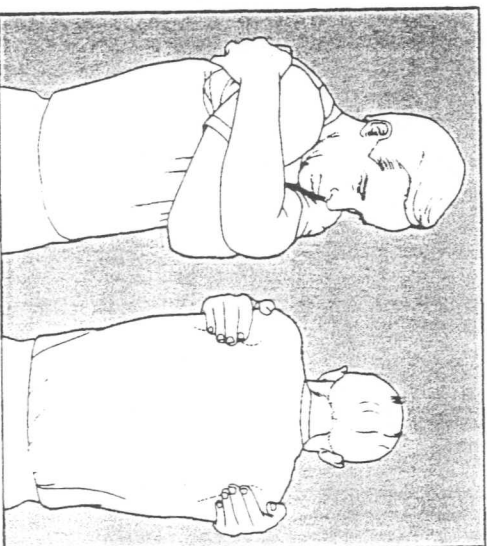


WRIST FLEXOR AND ELBOW EXTENSOR STRETCH

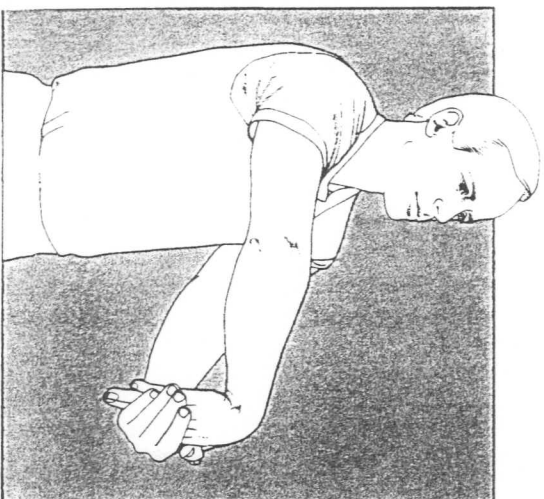
1. Standing or sitting, raise your arm 80°, keeping your elbow straight and palm up.
2. Use your opposite hand to bend the hand down, so your fingers are pointing toward the floor. You should feel the stretch in the tendons of your wrist and the inside group of forearm muscles.



SHOULDER BLADE STRETCH



1. Standing or sitting, reach around your chest and try to grasp your shoulder blades with your opposite hands.
2. Drop your chin toward your chest.
3. Inhale, holding onto your shoulder blades for a count of 15. You should feel the stretch along the border of your shoulder blades.



WRIST EXTENSOR STRETCH

1. Standing or sitting, raise your arm 80°, keeping your elbow straight and palm down.
2. Use your opposite hand to bend the hand down, so your fingers are pointing toward the floor. You should feel the stretch in your wrist and the outside group of forearm muscles.