



10b. Elbow Extension (Tricep Press):



11a. Wrist Extension:

11b. Wrist Flexion:



12a. Wrist Supination:

12b. Wrist Pronation:

This handout is for information purposes only. It does not replace medical advice from a qualified physician, athletic trainer, or physical therapist.



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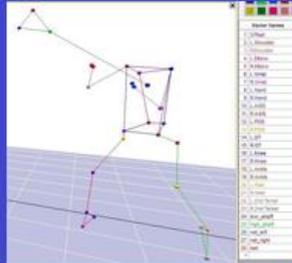
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Sport Motion Analysis



Body Composition, BODPOD



Running Clinic



Nutrition & Exercise Consults

References:

- Wilk KE, Meister K, Andrews JR. Current concepts in the rehabilitation of the overhead throwing athlete. *Am J Sports Med.* 2002 Jan-Feb;30(1):136-51.
- The advanced throwers ten exercise program: a new exercise series for enhanced dynamic shoulder control in the overhead throwing athlete *Phys Sportsmed.* 2011 Nov;39(4):90-7.
- Credit for these exercises goes to www.asmi.org.
- Credit for these images goes to www.physiotec.org.

Handout created by JL Zaremski 2015.