



## SHOULDER & ARM STRETCHES FOR ATHLETES WHO THROW

### STRETCHING THE SHOULDER MUSCLES:

#### 1. POSTERIOR CAPSULE



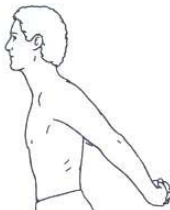
Stand and reach your arm across your body. Using your opposite hand, hold onto your elbow and pull your arm toward your shoulder.

#### 2. INFERIOR CAPSULE



Stand and reach your arm back behind your head. Hold onto your elbow and push your arm backwards.

#### 3. CHEST/BICEPS



Stand and lace your fingers together with your arms behind you. Keep your elbows straight and raise your arms towards the ceiling.

#### 4. UPPER BACK AND POSTERIOR SHOULDERS



Stand and clasp your hands together in front of your body. Bend your head forward and reach your arms toward the floor—“pulling” your shoulder blades apart.

#### 5. SHOULDER ROTATORS



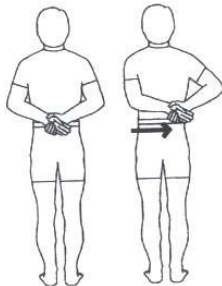
Stand and place your throwing hand behind your back. Hold onto a towel or bat and use your other arm to help pull your hand up your back.

#### 6. LATTISIMUS AND OBLIQUES



Stand and hold your throwing arm behind your head with your other hand on your elbow. Pull your arm laterally as you bend your trunk to the same side.

#### 7. SERRATUS ANTERIOR



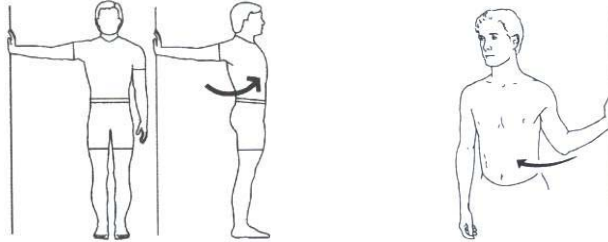
Stand and reach your arm behind your back. Grasp your hand with your other hand and pull the arm across your back at waist level.

## 8. MIDDLE BACK AND POSTERIOR SHOULDERS



Sit and cross your arms over your legs. Bend your head and back down and reach your arms toward the floor.

## 9. CHEST AND ANTERIOR SHOULDER



Stand and hold your arm at shoulder height or overhead holding onto a doorway or pole. Turn your body away from your arm, keeping your back straight. Alternately, you can hold your elbow next to your body with your elbow bent at 90 degrees and rotate your body away from your arm.

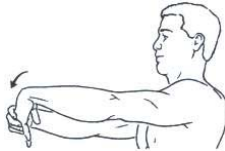
## STRETCHING THE ARM MUSCLES:

### 10. TRICEPS



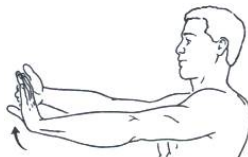
Stand and reach your arm overhead. Grasp your wrist with your other hand and bend your elbow pushing your hand toward your shoulder blade.

### 11. WRIST EXTENSORS



Stand and keep your arm out in front of you with your elbow straight. Grasp your hand with your other hand and pull your hand downward.

### 12. WRIST FLEXORS



Stand and keep your arm out in front of you with your elbow straight. Grasp your hand with your other hand and pull your hand upwards.

**Note: Hold each stretch for 25-30 seconds. Provide a slow steady stretch. Repeat each stretch 3-4 times. Perform the stretches before and after workouts. If you experience any difficulties with these, or any other, exercises please stop the exercise(s) and consult your physician or therapist from ProFormance Physical Therapy.**

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