

Exercise Prescription: Rhythmic Stabilization- Throwing

Purpose of Exercise:

This is a drill to improve stability of the shoulder girdle during the throwing motion.

Starting Position:

Half kneeling on the same leg as which you throw.

Partner Instructions:

Only use light pressure with this drill, do not overpower the thrower. The point is for the thrower to maintain the position with the arm while the external force is applied.

Exercise Description:

Position 1- Early cocking

From the starting position bring your throwing arm back into the early cocking position as shown. Squeeze your hand, making a tight fist. Twist backwards through the torso towards your throwing arm and hold the arm steady in this position. Now, have a partner gently put some pressure on your hand/arm in all different directions.

Position 2- Fully cocked

Bring your arm forward and bend the elbow to about 90 degrees and hold the arm steady. Twist your body to your hips and shoulders are square as shown. Maintain a tight fist in this position as well. Now, have a partner gently put some pressure on your hand/arm in all different directions.

Position 3- Follow through

Finally bring your arm fully forward with elbow straight. Twist your body away from the side of the throwing arm, reaching forward with the hand as shown. Now, have a partner gently put some pressure on your hand/arm in all different directions.

Hold for 10-12 seconds in each position. Complete 1 set before throwing activities and 3 sets after throwing or for maintenance.

Pictures:

