

General Rehabilitation Guidelines

Thrower's Shoulder

Protocol for Nonoperative Treatment of Shoulder Pain in the Overhead Throwing Athletes

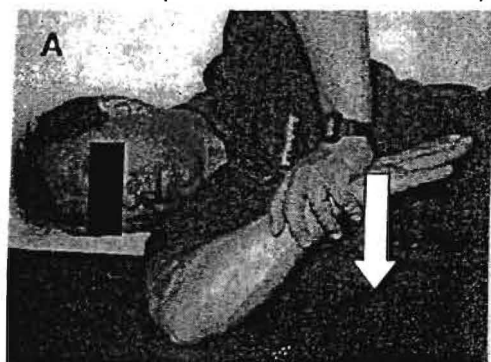
Phase I: Acute Phase

Modalities

- Cryotherapy, ultrasound, electrical stimulation

Flexibility Program

- Improve internal rotation, horizontal adduction and scapular posture



A: Sleeper Stretch

- Lie on your side with the shoulder blade supported against a wall
- Flex your shoulder so it is perpendicular to your chest and parallel to the bed
- Flex your elbow 90° as shown
- Apply a downward pressure on your forearm using your uninjured arm
- Count to 10 and repeat 5 times



B: Roll-over Sleeper Stretch

- Same as above but shoulder is flexed only 60° from chest instead of perpendicular
- Roll forward 30° onto affected side
- Apply downward pressure on forearm of affected side
- Count to 10 and repeat 5 times

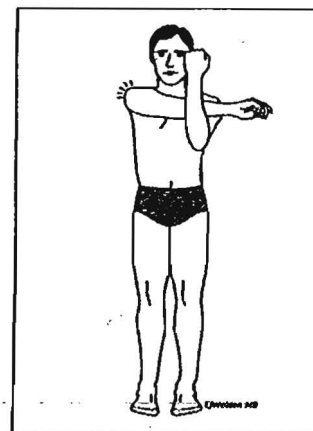


C: Cross-body Stretch

- Pull the arm of your affected shoulder across your chest
- Perform this stretch at three different levels
 - Slightly below shoulder height
 - At shoulder height
 - Slightly above shoulder height

- Count to 10 and repeat 5 times

- **Note:** shown in picture to left – if you keep the elbow of the affect arm straight and the thumb pointed down, the stretch will be more effective





D: Doorway Stretch

- Bring your shoulder into a horizontal position out to your side (abduction) and flex your elbow 90°
- Place your elbow against the edge of a doorway
- Lead forward and downwards with your body
- Count to 10 and repeat 5 times



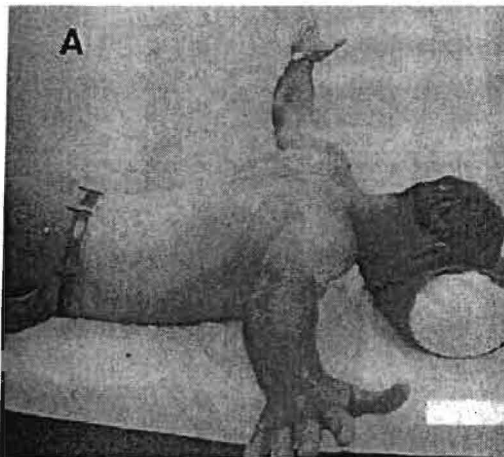
E: Towel Stretch for Pectoralis Minor

- Place a rolled towel between the shoulder blades while lying supine
- Have assistant or therapist apply downward pressure on the anterior shoulder pushing the scapula toward the table
- Count to 10 and repeat 5 times

Program for Rotator Cuff and Scapular Stabilization Strengthening

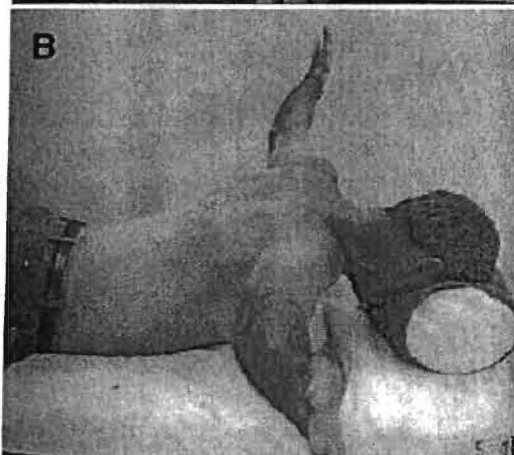
- **Blackburn Exercises: 6 Positions**

- Perform 3 sets of 20 repetitions of each exercise 3 times per day
- As strength and endurance increase, can add small 1.2 lb weights to hands



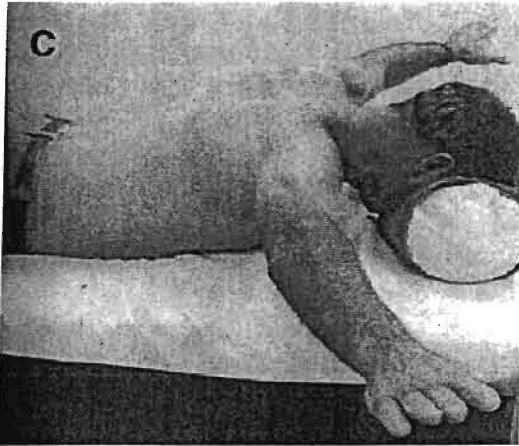
A: Prone Horizontal Abduction (Neutral)

- Lie on the table, face down, with arms hanging straight down to the floor and palms facing down
- Raise arms out to the side, parallel to the floor
- Hold for 2 seconds and lower slowly



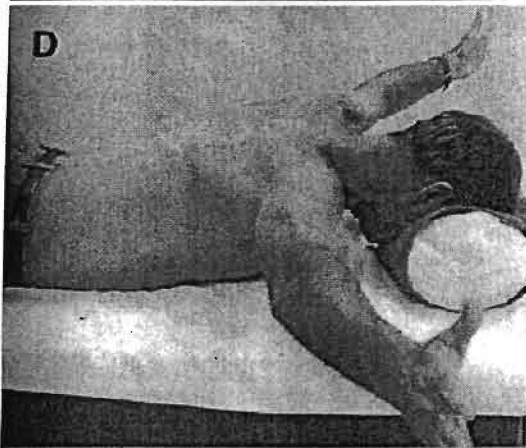
B: Prone Horizontal Abduction (Full ER)

- Lie on the table, face down, with arms hanging straight to the floor, and thumbs rotated up (hitch-hiker position)
- Raise arms out to the side with slightly in front of shoulder, parallel to the floor
- Hold for 2 seconds and lower slowly



C: Prone Horizontal Scaption (Neutral)

- Lie on the table, face down, with arms hanging straight down to the floor and palms facing down
- Raise your arms to the side but slightly forward by about 30° compared to horizontal abduction
- Hold for 2 seconds and lower slowly



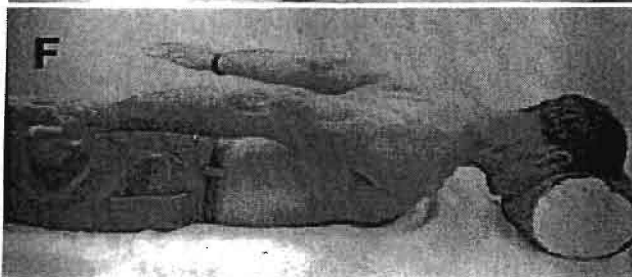
D: Prone Horizontal Scaption (Full ER)

- Lie on the table, face down, with arms hanging straight to the floor, and thumbs rotated up (hitch-hiker position)
- Raise your arms to the side but slightly forward by about 30° compared to horizontal abduction
- Hold for 2 seconds and lower slowly



E: Prone Horizontal External Rotation

- Lie on the table, face down, with arms abducted horizontal to side and elbows bent 90° pointing down
- Rotate arms externally so that forearms come parallel to ground point forward
- Hold for 2 seconds and lower slowly



F: Prone Horizontal Extension

- Lie on the table, face down, with arms hanging straight down to the floor and palms facing forward
- Raise your arms to the horizontal parallel the thorax
- Hold for 2 seconds and lower slowly