

Thrower's Stretches

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

Phase I: Acute Phase

Modalities

- Cryotherapy, ultrasound, electrical stimulation
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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

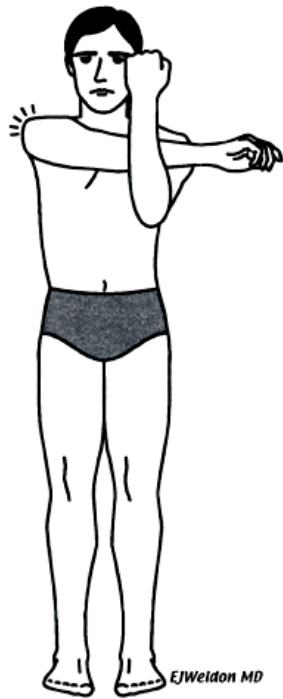
- Roll forward 30° onto affected side
- Apply downward pressure on forearm of affected side
- Count to 10 and repeat 5 times

C: Cross-body Stretch

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

