

# Texas Children's Throwers 10

This program is a dynamic warm-up to help reduce the risk of injury and pain while also preparing youth overhead athletes for optimal throwing performance. It should be performed prior to all throwing activities, including practices and games.

Perform 2 sets of 10 repetitions of each exercise.

## 1. Posterior Hip Stretch

Start on all fours and sit your hips back and to the side and pause at the bottom. Repeat on opposite side to count as 1 repetition.



## 2. Trunk Rotation Exercise

Start on all fours, sit back on your heels, put your hand behind your head, and rotate your trunk to point your elbow to the ceiling while keeping your shoulder blades pinched together. Perform the exercise to both your right and left side. Repeat on other side.



## 3. Kneeling Side Plank with External Rotation

Start in a side plank on your forearm and knees and your opposite arm against your body, bend your elbow to 90 degrees and then rotate your hand to the ceiling while keeping your arm against your body. Hold your glove if you want more resistance.



## 4. Squat Hold with Band Pull-Apart

Start in ready position with slight bend in knees and straight arms at shoulder height holding band directly in front of you, pull the band apart so that your arms make a T shape but don't let your hands go behind your body.



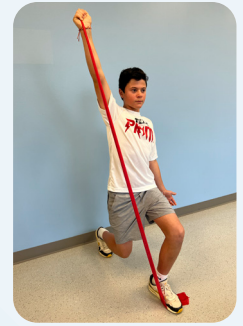
## 5. Squat Hold with External Rotation

Start in ready position with slight bend in knees. Start holding the band with elbows against your side and bent to 90 degrees. Pull your hands apart while keeping your elbows at your side. Don't let your hands go behind your body.



## 6. Split-Stance Lunge PNF Flexion with Band

Start in lunge position with your lead leg forward, slight bend in knees, and the band under your front foot. Hold the band in your throwing hand at your lead hip with thumb down. Turn your thumb up towards the ceiling as you raise your hand above your throwing shoulder as if you're taking a sword out of its sheath. Return to starting position.



## 7. Split-Stance Lunge Internal Rotation at 90 Abduction

Start in a lunge position with lead leg in front. Keep your elbow at shoulder height with hand holding a resistance band anchored behind you at shoulder height. Start with your palm facing forward and rotate it downwards. Keep your elbow at shoulder height and bent at 90 degrees the whole time.



## 8. Split-Stance Lunge External Rotation at 90 Abduction

Start in a lunge position with lead leg in front. Keep your elbow at shoulder height with your hand holding a resistance band anchored in front of you at shoulder height. Start with your palm facing the ground and rotate it upwards. Keep your elbow at shoulder height and bent at 90 degrees the whole times.



## 9. Lateral Reach Exercise

Assume a single-leg stance on your stance leg with your lead leg knee at hip height. Reach sideways with your lead leg while bending your stance leg knee. Return to the start position while keeping your lead leg from touching the ground.



## 10. Elbow-to-Knee Exercise

Stand as if you are about to throw a ball, with both hands touching your shoulders. Take a large step with your lead leg and rotate your throwing shoulder toward your lead leg knee.

