



IDAHO SPORTS MEDICINE INSTITUTE

1188 University Drive • Boise, Idaho 83706 • PT (208) 345-4446 • PT fax 395-8292 • [www.idsportsmed.com](http://www.idsportsmed.com)

## Pre-Throwing Exercises

- **90/90 external and internal rotation with tubing**
  - Try for 3 sets of 20-30 reps
- **Internal/external rotation jumpouts**
  - Using tubing, start with arm at side or in 90/90 position; do 20 fast reps then quickly jump back several steps and hold for a twenty count. Do 2-5 sets
- **Ball tap on a wall**
  - Facing forward and sideways, tap ball as quickly as possible while moving your arm up and down in a smooth controlled pattern. Do three sets of 5 reps facing each way
- **Bench partner ball toss**
  - Sit or kneel next to a bench with your dominant elbow up on the surface. Keeping your elbow stationary, toss and catch a weighted ball with a partner allowing your arm to externally rotate backwards. Do three sets of 10-15 reps
- **Supine Medicine ball chest pass**
  - Lying on back, chest pass a medicine ball toward ceiling. Catch and toss again, or have a partner catch and drop it from a consistent height. Do three sets of 10 reps
- **Overhead medicine ball wall toss**
  - Using both arms, toss a medicine ball against a brick wall with an overhead throw. Initiate the throw with your abs, use a step to get more power and follow through with the arms. Do three sets of 10
- **Medicine ball toss up and catch**
  - Stand with your back against a wall, use both arms to toss a medicine ball up and bounce off the wall over your head. Catch the ball on the way down and quickly toss up again.
- **Sideways medicine ball wall toss**
  - Same as previous exercise, but start facing perpendicular to the wall, use a twisting motion to throw the ball sideways. Face both directions and do three sets of 10 reps each way.
- **Burnouts**
  - Anchor tubing overhead, lie on floor and do an internal rotation motion as fast as possible as long as possible. Roll over and do external rotation also. Do 2-3 sets
- **Wobbles**
  - Using flexbar, or similar object, wiggle bar back and forth in a diagonal pattern. Do 2-3 sets of 10 reps for each diagonal direction
- **Figure 8's**
  - Using 3-8 pound weight, swing arm fast in a figure eight motion. Do 3 sets of 10 in each direction
- **Internal/external rotation weighted ball toss**
  - Standing with elbow at side, toss a weighted ball as far as possible do 2-3 sets of 10 reps
- **Ball toss up against wall**
  - Standing with your back against a wall, elbow bent, and arm abducted to 90 degrees, toss a weighted ball up against the wall. Make sure to catch at the last possible moment from the top on the way down, and toss up as quickly as possible. Do 3 sets of 10-20 reps