

Arm Injury Prevention Exercises

Perform the stretches daily. Alternate band and weight exercises.



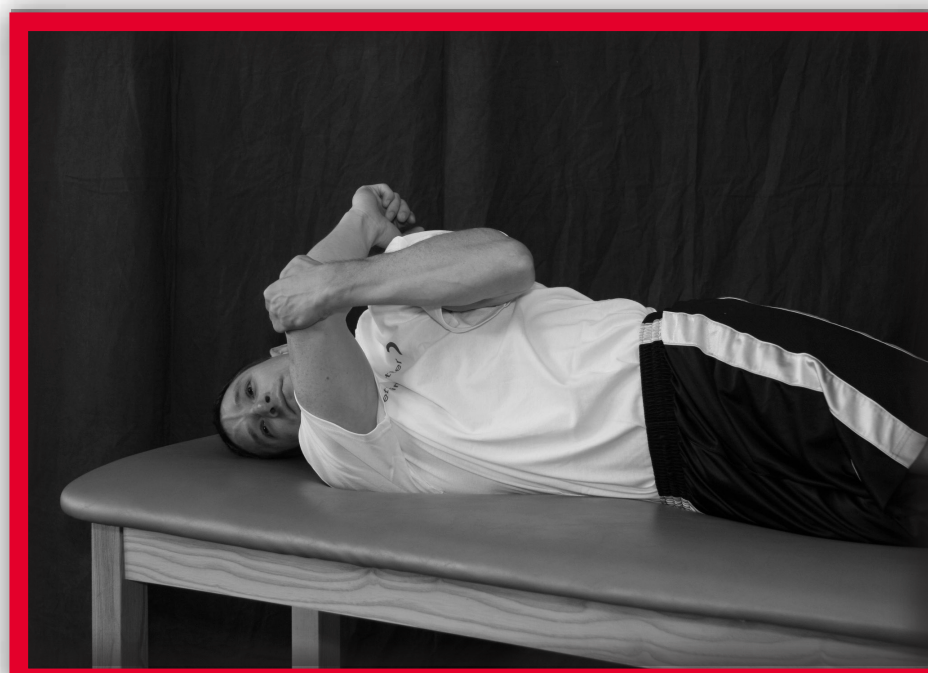
Sleeper Stretch: $\frac{3}{4}$ side lying; upper arm position 60-90° of Abduction; forearm at 90° to upper arm



Hand Taps: Start with arms just wider than your shoulders. Press blades apart then move hands side to side. Goal is 45 to 30 secs.



Low ER: Squeeze blades down & back, then pull cord across your body keeping your elbow at your side and elbow bent



Cross Body Stretch: $\frac{3}{4}$ side lying; upper arm position 60-90° of abduction; pull across body



Prone Robbers: Elbows bent at 90°; shoulder blades down & back; then rotate the forearm out to side while keeping elbow at 90°



High ER: Do not shrug shoulders. Squeeze blades down & back, then pull cord back like throwing



Lat Stretch: Shoulder blade back & down with + Upper Quarter position



Prone Superman: Arms above head; thumbs point skyward; first, pull shoulder blades down, then raise arms



Lower Trap: Keep arms straight by the side; palms up, thumbs pointed out; keep hands in front of body at all times



Foam Roll Stretch: $\frac{3}{4}$ side lying; upper arm position 60-90° of Abduction; forearm at 90° to upper arm IR/ER rotate arm; 2nd stretching overhead



Prone T's: Arms raised even with shoulders; thumbs skyward; first, pull shoulder blades down & back, then raise arms



Band ER @ 45°: Elbows bent at 90°; shoulder blades down & back; rotate the forearm out to side while keeping elbow at 90°

Begin with 3 sets of 30 seconds for each stretch and foam roller exercise. Begin with 3x15 for each weight or band exercise. Increase repetitions by 5 each week until you can complete 3 sets of 30. Then increase weight or band color.

If you have any questions about your program ask your physical therapist, athletic trainer or physician.

