



Posterior Shoulder and Joint Capsule Stretch

Gently grasp the elbow of your throwing arm and pull the arm across your chest until a good stretch is felt in the back of your shoulder.

Hold 20 seconds.

Repeat 3 times per set.
Do sets per session.
Do 1-2 sessions per day.

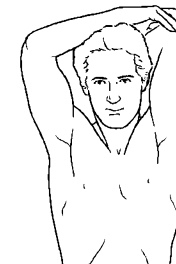


Inferior Capsule Stretch

Raise your throwing arm overhead with elbow bent. Gently pull on the arm with your other hand until a stretch is felt in your triceps and armpit region in shoulder.

Hold 20 seconds.

Repeat 3 times per set.
Do sets per session.
Do 1-2 sessions per day.

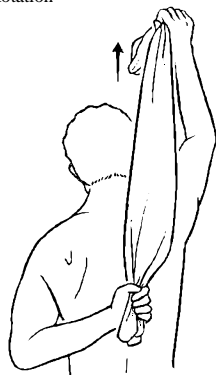


Towel Stretch – with Interior Rotation

Place your throwing arm behind your back. Use a towel or a rope and pull your throwing arm up with the other arm. This will rotate your arm inward and stretch the front of the shoulder.

Hold 20 seconds.

Repeat 3 times per set.
Do sets per session.
Do 1-2 sessions per day.

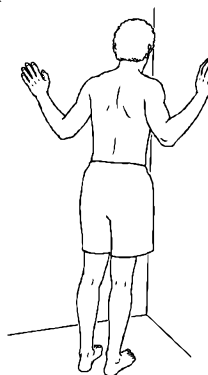


Pectoral Muscle Corner Stretch

Standing in the corner of a room or in a doorframe with your arms just above shoulder level, lean forward until a comfortable stretch is felt across chest.

Hold 20 seconds.

Repeat 3 times per set.
Do sets per session.
Do 1-2 sessions per day.



Lie on your affected side (at ~ 45 degree angle) with your shoulder flexed out in front of you at 90 degrees (right angle). Bend your elbow to 90 degrees as pictured.

Using your other hand, rotate your forearm and hand toward the table until you feel a stretch in the back of you shoulder.

Hold for 30 seconds, repeat 3 times

Lumbar Rotation Stretch

Lie on back with knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back/hip area.

Hold 20 seconds.

Alternate sides and Repeat 3 times.

Do 1-2 sessions per day.



Mid-Back Rotation Stretch

Kneel back onto your heels. Reach arms forwards as far as you can with your chest to the ground. Hold 20 seconds. Then reach to the left side as far as possible and hold 20 seconds keeping chest low. Alternate to the other direction.

Repeat 3 times per set.

Do 1-2 sessions per day.

