

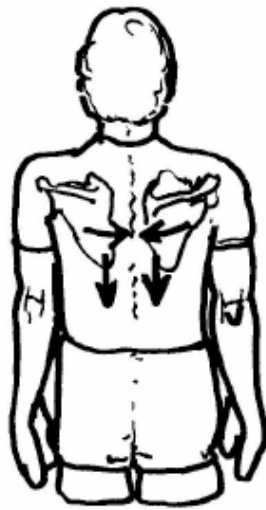
Baseball Pitcher Strengthening Protocol

Scapular Strengthening and Stabilization Protocol

1. Perform exercises 3 times each week.
2. Perform exercises with no weights until maximum repetitions can be performed, then perform exercises with a baseball in hand and slowly increase reps.
3. Progress to one pound weight, then two pound weight.

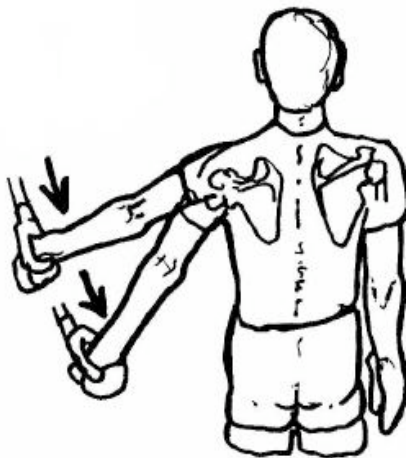
1. SCAPULAR RETRACTION

Pull shoulder blades together and down.



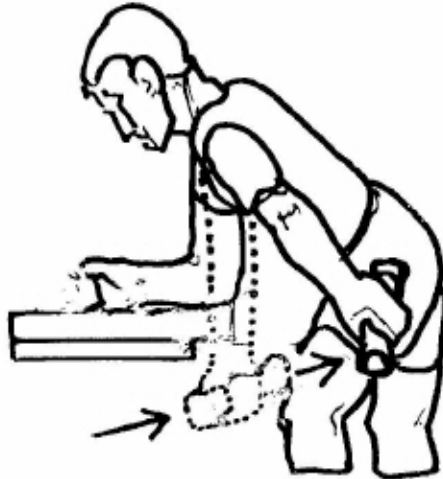
2. SCAPULAR DEPRESSION

Place Theraband over door, squeeze shoulder blades together while pulling your arm to your side. Slowly return to starting position.



3. EXTENSION

Start with your arm hanging straight down with your thumb pointing down. Raise arm backwards and slowly return to starting position.



4. HORIZONTAL ABDUCTION

Start with your arm hanging straight down with your thumb pointing out, raise arm out to the side to shoulder level (parallel to ground) and then slowly return to starting position.



5. **PROPRIOCEPTION (COUNTERTOP)**

Place your hands on a countertop. Slowly shift weight from one side to the other while keeping your shoulder blades flat to your back.



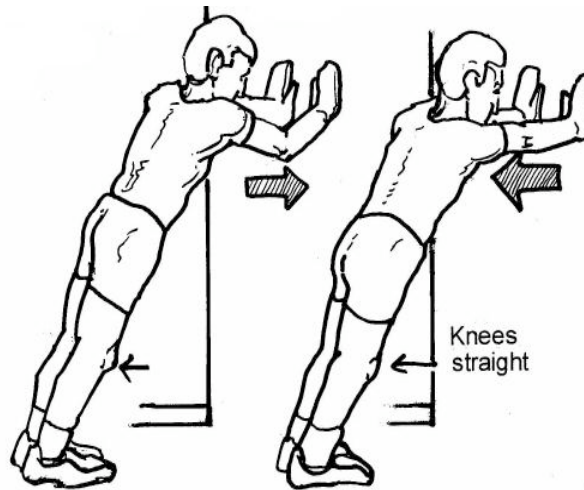
6. **PROPRIOCEPTION (WALL)**

Stand facing a wall. Keep your shoulder blades together and down and make circles with a ball in a clockwise direction. Repeat same number of reps in a counterclockwise direction.



7. WALL PUSH-UPS

Perform standing push-ups against a wall. Progress to countertop, then floor with knees bent and then floor with knees straight.



8. PROPRIOCEPTION (HANDS & KNEES)

Get on your hands and knees. Keep your shoulder blades together and down and make circles with the platform in a clockwise direction. Repeat same number of reps in a counterclockwise direction.

