

Stretching and Strengthening for the Overhead Athlete




Home Exercise Program








You can follow along with the pictures below, or scan the QR code which will take you to video instruction on how to perform the exercise.

Access Code: EJ5VXNQC

Shoulder strengthening exercises should be completed 1-2 times per day, about 5 times per week. These exercises should be performed on both upper extremities following a good warm-up and should remain pain free.

<p>Child's Pose</p> 	<ul style="list-style-type: none">• Begin on all fours.• Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.• Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.• Complete 3 sets holding for about 20 seconds.
<p>Doorway Pec Stretch</p> 	<ul style="list-style-type: none">• Begin in a standing upright position in the center of a doorway.• With your elbow bent, place your forearm on the side of the doorway at a 90 degree angle from your side, then take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold this position.• Make sure to maintain a gentle stretch and do not shrug your shoulder during the exercise.• Complete 3 sets holding for about 20 seconds.
<p>Posterior Capsule Stretch</p> 	<ul style="list-style-type: none">• Begin in a standing upright position next to a wall, with one arm across your body and your shoulder resting against a wall.• Lift your arm in front of your body and rest your shoulder on the wall, then grasp your elbow and gently pull it across your chest until you feel a stretch in the back of your shoulder and hold.• Make sure to keep your arm just below parallel with your shoulder.• Complete 3 sets holding for about 20 seconds.

<h3>Open Books</h3> 	<ul style="list-style-type: none">• Begin lying on your side with your legs bent at a 75 degree angle and your arms together straight in front of you on the ground.• Slide your top hand back and forth over your bottom hand 5 times, rotating your shoulders. Then, lift your top arm straight up and over to the floor on your other side.• Make sure to keep your knees together and only rotate your back and upper arm. Your hips should stay facing forward.• Complete 2 sets of 10 repetitions each side.
<h3>Quadruped Plank</h3> 	<ul style="list-style-type: none">• Begin on all fours, with your arms directly under your shoulders and feet resting on the ground.• Slowly raise up to your toes, lifting both knees off the floor and keeping your back straight.• Make sure to maintain a gentle chin tuck during the exercise and do not let your trunk twist.• Complete 3 sets holding for 15-20 seconds.
<h3>Serratus Activation</h3> 	<ul style="list-style-type: none">• Begin standing upright with a resistance band looped around your wrists, palms facing inward, and your elbows bent to 90 degrees.• Gently press your hands out to shoulder width apart, then lift your hands overhead. Lower them back down and repeat.• Make sure to keep your elbows bent and your back straight. Focus on keeping tension in the band during the exercise.• Complete 3 sets of 10 repetitions.
<h3>External Rotation in Abduction</h3> 	<ul style="list-style-type: none">• Begin in a standing upright position with one arm out to the side and your elbows bent 90 degrees with your palm facing the floor.• Slowly rotate your arm upward until your palm is facing forward and hold.• Make sure not to let your elbow drop as you rotate your arms and maintain a gentle chin tuck throughout the exercise.• Complete 3 sets of 10 repetitions.
<h3>Internal Rotation at 90 Degrees</h3> 	<ul style="list-style-type: none">• Begin standing upright at a cable press machine. Adjust the cable to above your height and face away from the anchor point. Hold the cable handle with your arm out to the side at shoulder height, elbow bent, and palm facing towards the front.• Keeping your upper arm in the same position, slowly rotate your arm downward until your palm is facing the ground and hold. Then, return to the starting position and repeat.• Make sure not to let your elbow drop as you rotate your arm. Maintain a gentle chin tuck throughout the exercise.• Complete 3 sets of 10 repetitions.

Sidelying Shoulder ER



- Begin lying on your side with a towel roll under your upper arm and elbow bent at 90 degrees, holding a dumbbell in your hand. Place a pillow or towel roll under your head for support.
- Rotate your arm upward, then return to the starting position and repeat.
- Make sure to keep your elbow bent at a 90 degree angle and your arm tucked against the towel.
- **Complete 3 sets of 8 repetitions.**