

The OSTRC Shoulder Injury Prevention Programme

The programme consist of five exercises completed three times per week during the warm-up, prior to throwing activity. The five exercises change every six weeks.

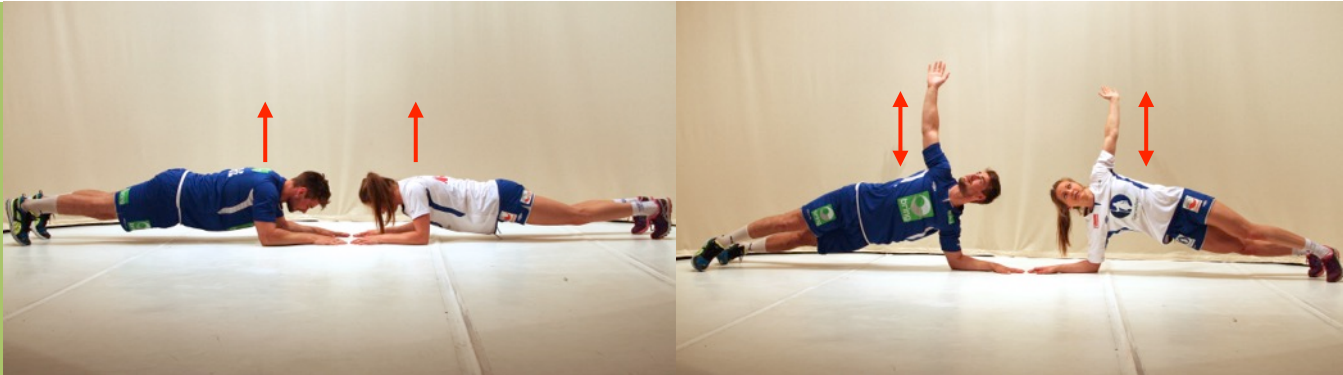
At start-up, follow the recommended load and number of repetitions.

Progress by increasing the number of repetitions, change to a stiffer elastic band or use a small weight or weight ball as external resistance.

Reduce load and seek medical attention if you experience shoulder pain during the exercises.

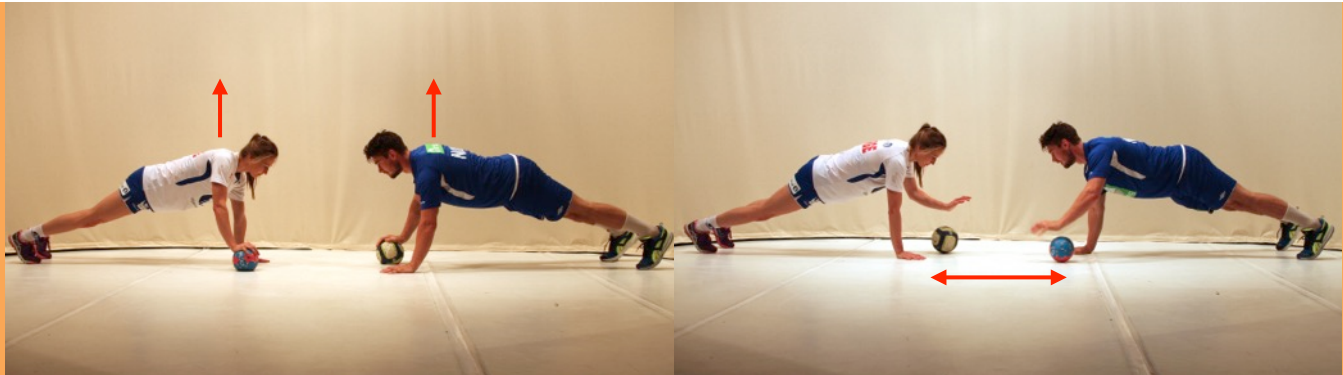
EXERCISE 1

Week 1-6



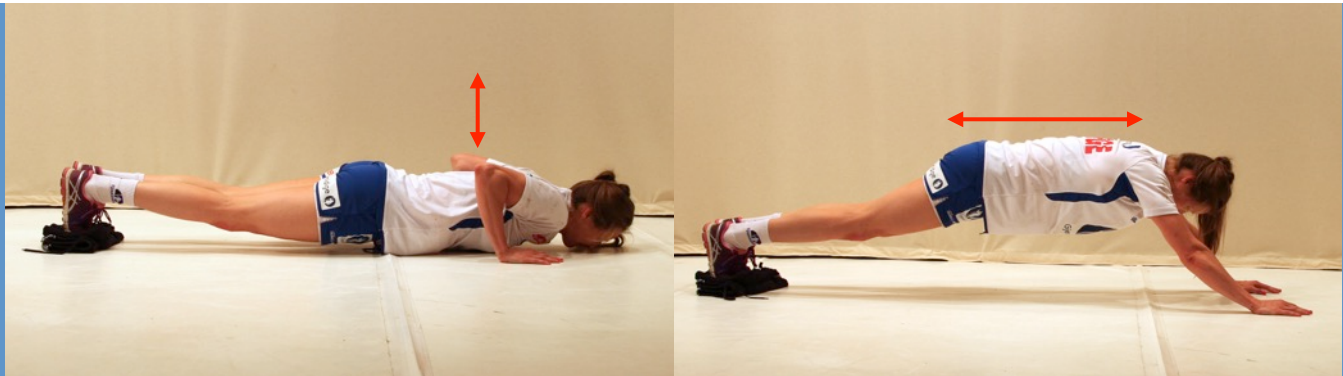
Trunk rotation
Push-up plus position* on elbows
Alternating trunk rotation
3 x 8-16 reps

Week 7-12



Plank with passing
Pair exercise
Push-up plus position*
Players roll ball to each other
Alternating hands
3 x 8-16 reps

Week 13-18



Push-up plus with backward slide
Push-up plus*
Slide backwards
Maintain neutral spine
Return to start position
3 x 8-16 reps

After week 18: choose between the different variations

* The push-up plus position is achieved by pushing hands/elbows towards the floor by pushing your shoulder blades forward and out.

Week 1-6



Standing Y-flies*

Pair exercise
Lift chest, draw shoulders back/down
Pull the elastic with straight arms
towards the ceiling in a Y-position

3 x 8-16 reps

EXERCISE 2

Week 7-12



Bow and arrow*

Pair exercise
Start by drawing shoulder back/down
Follow through with arm and trunk
rotation

3 x 8-16 reps

Week 13-18



Slow arm lowering*

Pair exercise
Tighten elastic with 2 hands to maximum
throwing position
Return slowly with one hand (3 seconds)

3 x 8-16 reps

After week 18: choose between the different variations

* Pre-position your shoulders before starting the exercise by lifting your chest and pulling your shoulder blades slightly back and down

Week 1-6



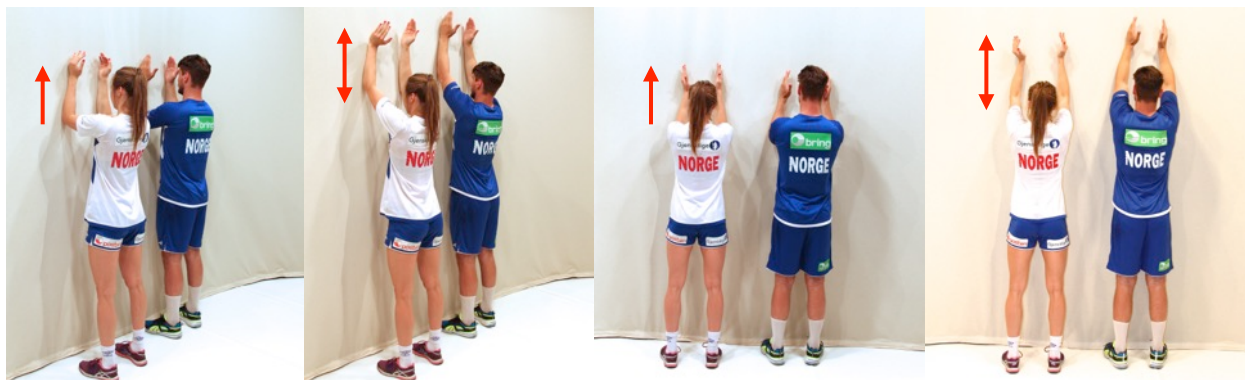
Trunk rotation

Alternating trunk rotation
Point hand towards ceiling

3 x 8-16 reps

EXERCISE 3

Week 7-12

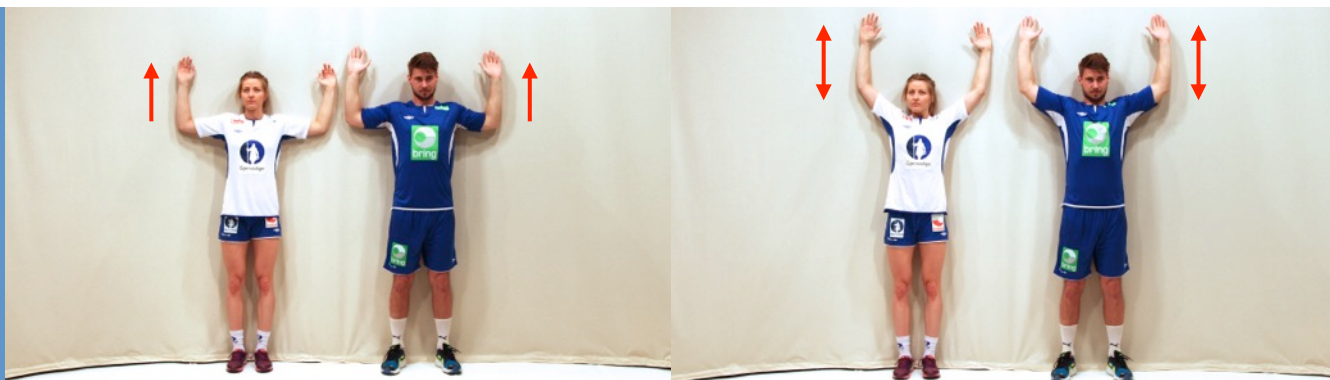


Dynamic latissimus dorsi stretch

Stand with elbows against wall
Slide arms upwards
Keep forearms vertical
Maintain neutral spine

3 x 8-16 reps

Week 13-18



Dynamic W-stretch

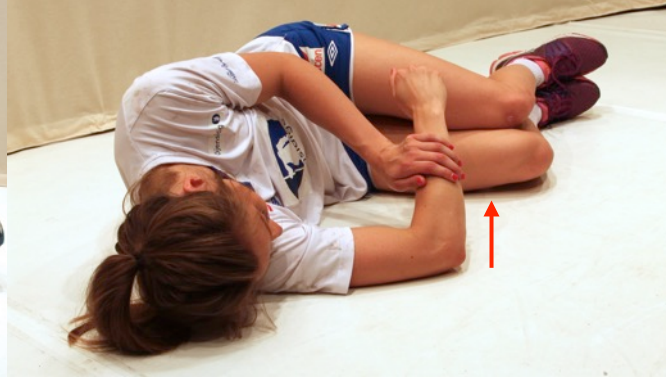
Slide arms upwards
Keep forearms, head and spine
against wall

3 x 8-16 reps

After week 18: choose between the different variations

EXERCISE 4

Week 1-6 / 13-18



Sleeper stretch

Lie on your shoulder blade to stabilise it
Keep shoulder slightly under 90°
Push hand downwards towards floor
(internal rotation)

3 x 30 seconds

Week 7-12 / 18-24



Cross-body stretch

Pair exercise
Keep shoulder slightly under 90°
Partner stretch the elbow across body
and prevents shoulder blade from
moving

3 x 30 seconds

After week 24: choose between the two variations

Week 1-6



External rotation*

Keep the elbow and shoulder in 90°
Use a ball or small weight as resistance

3 x 10-20 reps

EXERCISE 5

Week 7-12



Drop and catch*

Keep the elbow and shoulder in 90°
Drop the ball and catch it quickly
Return to start position
Use a ball or small weight as resistance

3 x 10-20 reps

Week 13-18



Backwards throw*

Pair exercise
Partner throws a ball from behind
Catch the ball and throw it back using
backwards rotation of the shoulder
Progress by using a weighted ball

3 x 10-20 reps

After week 18: choose between the different variations

* Pre-position your shoulders before starting the exercise by lifting your chest and pulling your shoulder blades slightly back and down