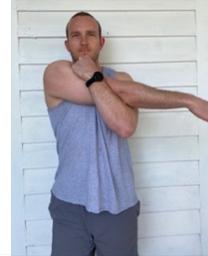


Evidence-Based Shoulder Injury Prevention Program for Overhead Athletes

1. Trunk rotation on all-fours – 3 x 10-15



2. Cross-arm stretch – 3 x 30 seconds



3. W-stretch on wall – 3 x 10-15



Slide arms up; keep forearms, head and back on wall

4. Scapular push-ups – 3 x 10-15



Going down (left) pull shoulder blades back towards each other w/elbows extended; coming up (right) push chest further away from floor so shoulder blades move away from each other and are flat against back

5. External rotation + retraction – 3 x 10-15



As hands move away from each other shoulder blades get close together

6. Shoulder extension + retraction -3 x 10-15



Pull band backwards up to body, moving shoulder blades toward each other

7. High rows – 3 x 10-15



8. Shoulder flexion – 3 x 10-15



9. 90°/90° external rotation with sustained hold on opposite arm – 3 x 10-15



10. Drop + catch – 3 x 15-20



★ If the athlete experiences sharp or consistent shoulder pain during these exercises
→ stop exercises and seek physical therapy evaluation – may be a sign of injury

Key Features

- Designed for players of all ages and levels; resistance/reps adjusted as appropriate
- Consists of 10 exercises to be performed on both arms; takes 10-15 min to complete
- Performed as part of the warm-up, at least 3x/week
- Easy to administer and can be implemented by coaches
- Minimal equipment and space required
- Progress by increasing resistance

Important to note:

- Shoulder soreness during the first few weeks of initiating the program is normal
- This is an **evidence-based** shoulder prevention program for overhead athletes
- **Individualized programs** following physical therapy evaluation have been proven to be **more effective** in addressing weaknesses specific to the athlete and enhancing performance

*References provided upon request

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