

Alton Redbirds Shoulder Injury Prevention Program for Overhead Athletes

The following program will be used for athletes throughout the athletic programs at Alton High in an effort to help prevent injury and improve performance of our overhead athletes. The athletes included will be from the sports of softball, baseball, volleyball, girls and boys tennis, girls and boys bowling, and quarterbacks from football. The program should run for a minimum of 8 weeks prior to the start of regular season competition and everyday practice.

Weeks 1 & 2 (3x per week with day of rest between)

Shoulder Exercise:

The following Exercises should be performed with no weight up to a 5 lbs. max.

Side Lying External Rotation
Side Lying Internal Rotation
Shoulder Abduction
Shoulder Flexion
Shoulder Scaption (thumb up)
Prone Horizontal Abduction
Prone Rows
Push ups (no weight)

Wrist Exercise:

Wrist Flexion
Wrist Extension
Supination/Pronation

All the above on a bases of 2 sets of 15 increasing weight as needed and tolerated

Scapular Exercise:

Prone I
Prone T
Prone W

All the above Scapular exercises are each held for 10 seconds 10 times each.

Weeks 3 & 4

Increase to 3 sets of 12 on all shoulder and wrist exercises increasing weight as tolerated.
Add in Side Lying deceleration.

With Scapular exercises add in both the **Prone Y** exercise **and Prone T with ER.**

Weeks 5 & 6

Add IR/ER at 90 degrees.

Increase repetitions to 3 sets of 15.

With Scapular exercise **increase repetitions to 15** with a **10 second** hold.

Weeks 7 & 8

Increase to 3 sets of 20 on shoulder and wrist exercises.

Increase to 2 sets of 10 holds for **10 seconds** on scapular exercises.

Weight should be increased as tolerated per each individual. If athlete is not feeling fatigue it is time to increase the weight. This can be continued for more than 8 weeks but remember that a true strength gain take at least 8 weeks.