

Throwing Ladder For Shoulder Injuries (Baseball etc.)

Work for 5 minutes at each level with a partner. Start each session from the bottom steps. At the first sign of pain, stop, but if the pain settles within 20 seconds, continue. If the pain persists, stop, wait 24 hours then begin again from the first step.

The shoulder muscles must build up strength not only to throw but also to stop the arm following the ball! It is easy to overdo this ladder.

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| 1 | Lob. Lob a ball underhand over a short distance. |
| 2 | Throw. Throw a ball underhand over a short distance. |
| 3 | Sidearm. Throw a ball using more side arm/twist action |
| 4 | Overarm. Bowl the ball overarm. |
| 5 | Half action. Build up pace of sidearm action. |
| 6 | Half speed throw. Throw overarm with no curve, or slide ball |
| 7 | Full speed throw. No curve, slide ball etc. |
| 8 | Curve one. Introduce curve, slide, etc., but avoid technique that caused injury |
| 9 | Curve two. Gently introduce technique that caused injury. Use sparingly |
| 10 | Start play. Begin in low-grade matches. |
| 11 | Fit again. Play at normal grade. |