

## Progressive Strength Training

It is crucial to begin progressive strength training to optimize post-op outcomes. This will assist with providing proximal stability in preparation for return to throwing. Upon physician clearance, it is strongly recommended to begin progressive strength training. With progressive strength training, the purpose is to perform the same movements with slowly progressing either weight lifted or repetitions. This will progressively overload the muscle and facilitate strength gains. The athlete may use different exercises, but each exercise selection should have the same purpose. Furthermore, there needs to be an emphasis on nutrition with strength training for recovery and muscle growth.

1. Always lift with supervision from a qualified coach or trainer
2. Begin with 3 sets of 15 repetitions with light weight. As this becomes easier, progressively increase weights, reps, or sets (follow instruction from coach/trainer).
3. When assessing level of difficulty, use an RPE (rate of perceived exertion) of 1-10/10. 1 would feel like nothing, and 10 would be too heavy to lift. Goal is to stay between 5-7 RPE initially, and progress towards 8/10
4. Utilize throwers ten theraband exercises as a warm up
5. **FORM IS MOST IMPORTANT VS. HOW MUCH WEIGHT YOU'RE LIFTING**
6. Adequate hydration and protein intake prior to and after training (consult with a qualified nutritionist/registered dietitian for more detailed information)

The next page provide some examples of recommended strengthening exercises

**Unilateral leg movements**

Ex. Bulgarian split squats, walking lunges, reverse lunges



**Force production**

Ex. Deadlifts, squats, squat to press



**Calisthenic movements**

Ex. Chin ups, push ups



**Core Training**

Ex. Bird/dog rows, renegade rows, hollow holds



**Scapular stabilization**

Ex. landmine/dumbbell press, cleans, bent over barbell/dumbbell rows



**Plyometric exercise**

Ex. plyo push ups, box jump, ball slams



