

## Overuse Injury Prevention: Exercises for Youth Athletes

These exercises target the muscles used in overhead throwing motions to help protect youth athletes, who are at an increased risk of shoulder and elbow overuse injuries.

Exercises should be performed at least twice a week, in three sets of 15 reps each.



### Shoulder External Rotation with Anchored Resistance

Begin standing upright with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band that is anchored out to your opposite side. Rotate your arm out to your side, pulling against the resistance, then slowly return to the starting position and repeat.



### Shoulder Internal Rotation with Resistance

Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side closest to your bent arm. Slowly rotate your arm inward.



## Scaption with Dumbbells

Begin in a standing upright position with your arms resting at your side, grasping lightweight dumbbells. Slowly raise your arms diagonally at roughly a 30 degree angle from your body, then lower your arms back to your sides. Make sure to keep your elbows straight and avoid shrugging your shoulders.



## Prone Single Arm Shoulder Y

Being lying on your front with your arm hanging off the edge of a table or bed. Keeping your elbow straight and thumb pointing up, raise your arm forward and up toward the ceiling. Slowly lower your arm down, then repeat the movement.



## Prone Shoulder Horizontal Abduction

Begin lying on your front with your arm hanging off the edge of a table or bed. Keeping your elbow straight and thumb pointing up, raise your arm out to your side at a 90 degree angle. Slowly lower your arm back down, then repeat the movement.



### Seated Wrist Flexion with Dumbbell

Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing upward. Curl your wrist towards your body, then slowly return to the starting position.



### Seated Wrist Extension with Dumbbell

Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing downward. Bend your wrist backwards towards your body, then slowly return to the starting position.