

Strengthening the Shoulder Muscles

External Rotation

Another part of the rotator cuff can be strengthened by lying on your side with your elbow held close against your ribs. Slowly raise the weight until it is pointed at the ceiling and then lower it in a controlled fashion.



Internal Rotation

The other portion of the rotator cuff should be exercised while lying on your back. Again, with your arm held at the side, raise the weight until it is pointed toward the ceiling and then lower it slowly back to the starting point.



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Shoulder Flexion

This particular exercise strengthens a portion of the deltoid as well as the other muscles in the front of the shoulder. In this and in succeeding exercises it is important to move the weights slowly, controlling both the lifting and lowering. The elbow should be kept straight throughout the exercise.



Shoulder Abduction

Lifting the weight out to the side and then overhead strengthens the central part of the deltoid, which is one of the most powerful muscles in the shoulder. Note how the hand slowly changes position as the exercise progresses until the palm faces the opposite side as your arm reaches straight overhead.



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Strengthening the back muscles

Back muscles are also important in throwing. Lying on your stomach, grasp the weight firmly and raise it until your arm is straight out to the side. Keeping the elbow extended. Slowly lower it to the starting position.



Lower Trapezius

To strengthen muscles lower in your back, remain in the same position on the table and this time; raise your arm behind you as high as possible, remembering to keep your elbow straight.



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Elbow Flexion

The muscles in the arm which surround the wrist and elbow must be strengthened as well. The biceps can be exercised in a number of ways, one of which is demonstrated here in the standing position. Keeping the elbow held at the side, lift the weight slowly by bending the elbow, and then return slowly to the starting position.



Triceps

To exercise the triceps muscle, lie on your back with your throwing arm extended up towards the ceiling and have your elbow completely flexed. Use your opposite hand to help support your arm, just below the elbow. Then, extend the elbow completely while holding on to a weight.



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Forearm Supination

The musculature of the forearm and wrist plays an important part in the ultimate control of the ball. To strengthen the forearm, two separate exercises can be done. First, while seated at a table and holding a bar weighted at the end, rotate your forearm until the bar is pointed at the ceiling.



Forearm Pronation

The second forearm exercise is also done seated. Only this time with palm turned up while holding on to the weight bar. Rotate the bar from right to left, until it is pointed straight up to the ceiling. Pay some attention to keeping your elbow as motionless as possible.

