



SHAYNE KELLY, DO

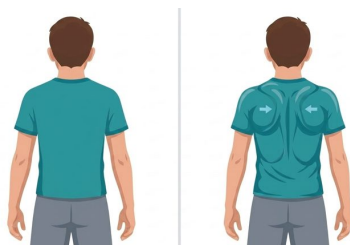
ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

HOME EXERCISE PROGRAM · SHAYNEKELLYORTHODOTCOM

Little League Shoulder & Elbow: Shutdown-Period Home Program

THE SHUTDOWN, AND WHAT TO DO DURING IT

The shutdown means NO throwing of any kind — any position, any distance, backyard catch included — until Dr. Kelly clears it. That rest is what lets the growth plate and tendons heal. These exercises keep the shoulder, elbow, and wrist strong in the meantime, using light resistance only. Nothing here should hurt.



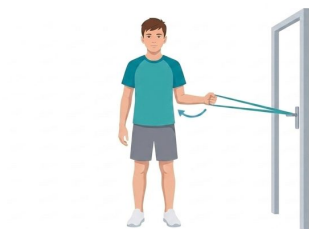
Shoulder Blade Squeezes 10-15 times, 1-2 sets, daily

Standing tall with arms at your sides, pinch your shoulder blades back and down together. Hold 5 seconds. Relax.



External Rotation with Light Band 10-15 times, 1-2 sets, daily — lightest band

Elbow bent to 90 degrees and pinned at your side, pull the band outward away from your body, keeping the elbow at your side. Slow and controlled both directions.



Internal Rotation with Light Band 10-15 times, 1-2 sets, daily — lightest band

Elbow bent to 90 degrees and pinned at your side, pull the band inward across your stomach. Slow and controlled both directions.



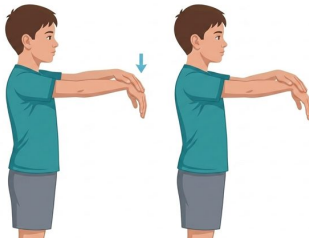
Sleeper Stretch Hold 20-30 seconds, 3 times, daily

Lie on the throwing-arm side, that arm out in front at shoulder height with the elbow bent 90 degrees, forearm pointing up. With the other hand, gently rotate the forearm down toward the table until a gentle stretch is felt in the back of the shoulder.



Wrist Flexor Stretch Hold 15-20 seconds, 3 times, daily

Elbow straight, palm up. With the other hand, gently stretch the wrist backward until a stretch is felt on the inside of the forearm.



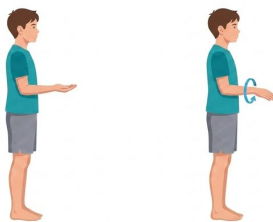
Wrist Extensor Stretch Hold 15-20 seconds, 3 times, daily

Elbow straight, palm down. With the other hand, gently push the back of the hand down until a stretch is felt on the outside of the forearm.



Wrist Curls (light) 10-15 times each way, 1-2 sets, daily

Forearm supported, palm up, holding a very light weight (1-2 lb) or nothing at all. Curl the wrist up slowly, lower slowly. Then flip palm down and repeat.



Forearm Rotations 10-15 times, 1-2 sets, daily

Elbow at your side bent to 90 degrees. Slowly turn the palm up, then down, keeping the elbow still.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.