



IAN S. RICE, MD
SPORTS MEDICINE ORTHOPEDIC SURGEON

Upper Extremity Plyometrics

Using 4-6# medicine ball, throw the ball into the plyoback. Allow the ball to return to the starting position as you catch it, and then quickly release the ball again. The goal is to get a quick contraction and counter contraction.

Soccer-Style Throw



Chest Pass



(Starting Position)



(Finishing Position)

Rotational Throws



(Starting Position from Right)



(Starting Position from Left)



(Intermediate Position from
Right)



(Intermediate Position from
Left)

Woodchops (Right and Left Sides)

Make sure to incorporate trunk rotation to improve core stabilization with these throws



(Starting Position)

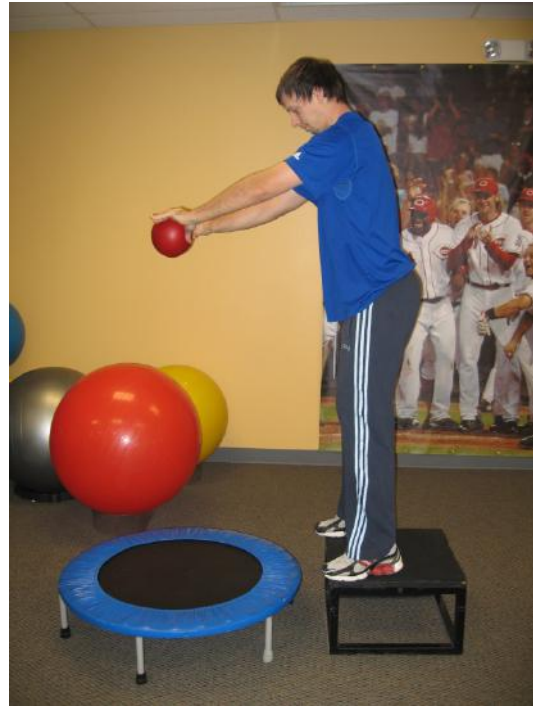


(Finishing Position)

Shoulder Slam



(Starting Position)



(Finishing Position)

Triceps Slam



(Starting Position)



(Finishing Position)

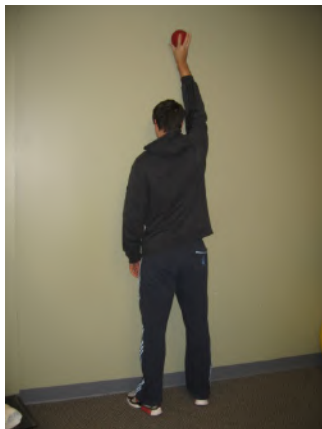
Wall Dribbles

Using a 2# medicine ball, quickly dribble the plyoball in a “catch and release” manner. You want the medicine ball to actually leave your hand before catching it again

90/90 Position



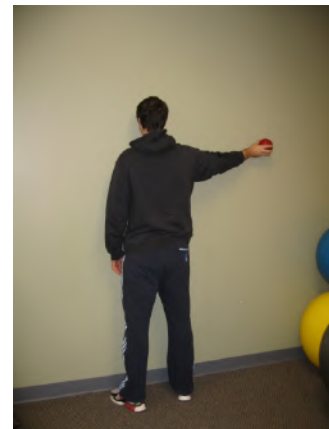
Semicircle Position



(Starting Position)



(Intermediate Position)



(Finishing Position)

Kneeling Flips

Using a 2# plyoball, throw the plyoball through a functional range of motion in a controlled manner; catching the ball, moving it through the prescribed range of motion, & then throw it back.

ER Flips



(Starting Position)



(Intermediate
Position)



(Finishing
Position)

D2 Flips



(Starting Position)



(Intermediate Position)



(Finishing Position)



(Side View with Second Person)

Prone Stabilizations

Using a 2# medicine ball, quickly release and catch the medicine ball in the prescribed position in a controlled manner

90/90 ER Position



Prone Horizontal Abduction Position

