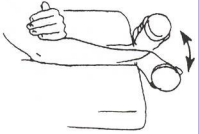


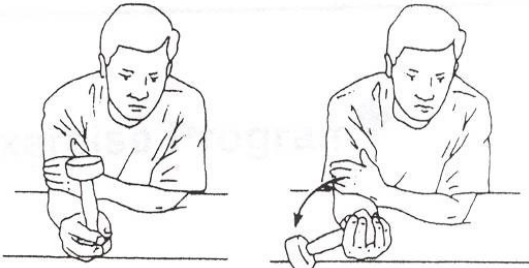
**12. Wrist-Extension:** Supporting the forearm and with palm facing downward, raise weight in hand as far as possible. Hold 2 seconds and lower slowly. Perform 2 sets of 15 repetitions 3 times a week.



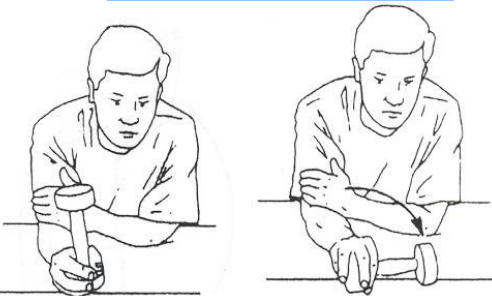
**13. Wrist Flexion:** Supporting the forearm and with palm facing upward, lower weight in hand as far as possible and then hold it up as high as possible. Hold for 2 seconds and lower slowly. Perform 2 sets of 15 repetitions 3 times a week.



**14. Supination:** Forearm supported on table with wrist in neutral position. Using a weight or hammer, roll wrist taking palm up. Hold for a 2 count and return to starting position. Perform 2 sets of 15 repetitions 3 times a week.



**15 Pronation:** Forearm supported on table with wrist in neutral position. Using a weight or hammer, roll wrist taking palm down. Hold for a 2 count and return to starting position. Perform 2 sets of 15 repetitions 3times a week.



## Shooter's Exercise Program

**Dr. Robert DuVall**  
SportsMedicine of Atlanta  
2138 Scenic Hwy  
Snellville, GA 30078

Phone: 770-979-1400  
Fax: 770-978-0974  
reduvall@bellsouth.net

**Dr. Robert DuVall**  
[www.SportsMedicineofAtlanta.com](http://www.SportsMedicineofAtlanta.com)

**Dr. Robert DuVall**  
[www.SportsMedicineofAtlanta.com](http://www.SportsMedicineofAtlanta.com)

770-979-1400



# Shooter's Exercise Program

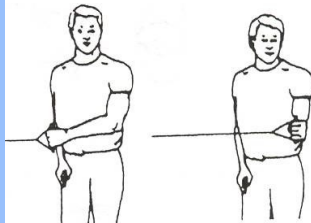
The Shooter's Exercise Program is designed to exercise the major muscles necessary for shooting. The Program's goal is to be an organized and concise exercise program. In addition, all exercises included are specific to shooters and are designed to improve balance of strength, power and endurance of the shoulder complex musculature.

**1. Diagonal Pattern D2 Flexion:** Gripping theraband in hand of involved arm, begin with arm out from side 45° and palm facing backward. After turning palm forward, proceed to flex elbow and bring arm up and over involved shoulder. Turn palm down and reverse to take arm to starting position. Exercise should be performed 2 sets of 15 repetitions 3 times a week.



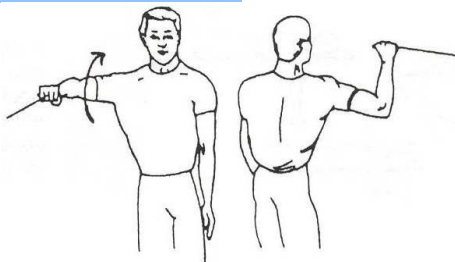
**2. External Rotation at 30° Abduction:**

Stand with involved elbow fixed at side, elbow at 90° and involved arm across front of body. Grip theraband while the other end of theraband is fixed. Pull out arm, keeping elbow 30° from side. Return tubing slowly and controlled. Perform 2 sets of 15 repetitions 3 times a week.

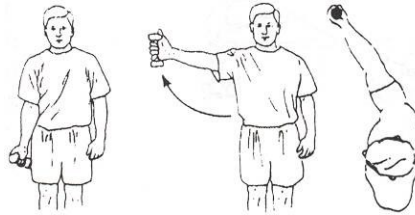


**3. External Rotation at 90° Abduction:** Stand with shoulder abducted 90°. Grip theraband while the other end is fixed straight ahead, slightly lower than the shoulder. Keep shoulder abducted, rotating shoulder back keeping elbow at 90°. Return theraband and hand to start position.

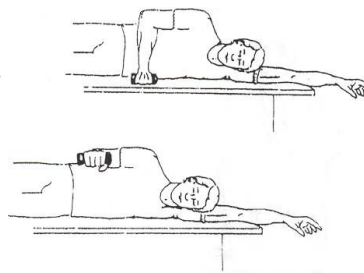
- I. Slow Speed Sets: (slow and controlled)  
Perform 2 sets of 15 repetitions 3 times a week.
- II. Fast Speed Sets: (slow and controlled)  
Perform 2 sets of 15 repetitions 3 times a week.



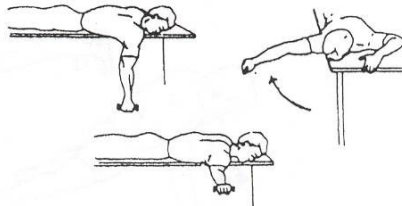
**4. Scaption, External Rotation:** Stand with elbow straight and thumb up. Raise arm to shoulder level at 30° angle in front of body. Do not go above shoulder height. Hold 2 seconds and lower slowly. Perform 2 sets of 15 repetitions 3 times a week.



**5. Sidelying External Rotation:** Lie on uninvolved side, with involved arm at side of body and elbow bent to 90°. Keeping the elbow of involved arm fixed to side, raise arm. Hold 2 seconds and lower slowly. Perform 2 sets of 15 repetitions 3 times a week.



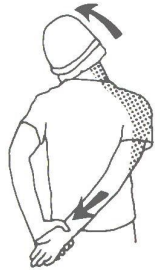
**6. Prone Horizontal Abduction (Neutral):** Lie on table, face down, with involved arm hanging straight to the floor, and palm facing down. Raise arm out to the side, parallel to the floor. Hold 2 seconds and lower slowly. Perform 2 sets of 15 repetitions 3 times a week.



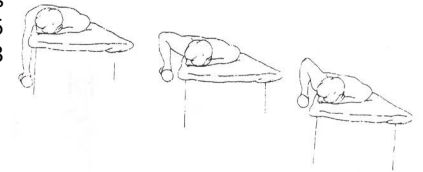
**7. Pectoral Stretches:** This stretch is for the front of the shoulders. Face or hold onto doorway or wall with your right elbow at shoulder level. Bring your other arm around your back. Look over your left shoulder, stretching. Stretch the other side. Do this slowly and under control. The feeling of a good stretch is what is important, not how far you can stretch. Hold stretch for 30 seconds.



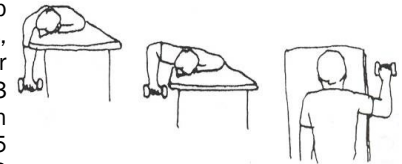
**8. Neck Stretch:** To stretch the side of your neck and top of shoulder, lean your head sideways toward your left shoulder as your left hand pulls your right arm down and across, behind your back. Hold an easy stretch for 30 seconds. This stretch can be done sitting on the floor, in a chair, or while standing.



**9. Prone Rowing:** Lying on your stomach with your involved arm hanging over the side of the table, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow and bring dumbbell as high as possible. Hold at the top for 2 seconds, then slowly lower. Perform 2 sets of 15 repetitions 3 times a week.



**10. Prone Rowing into External Rotation:** Lying on your stomach with your involved arm hanging over the side of the table, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow up to the level of the table. Pause one second. Then rotate shoulder upward until dumbbell is even with the table, keeping elbow at 90°. Hold at the top for 2 seconds, then slowly lower taking 2-3 seconds. Perform 2 sets of 15 repetitions 3 times a week.



**11. Press-ups:** Seated on a chair or table, place both hands firmly on the sides of the chair or table, palm down and fingers pointed outward. Hands should be placed equal with shoulders. Slowly push downward through the hands to elevate your body. Hold the elevated position for 2 seconds and lower body slowly. Perform 2 sets of 15 repetitions 3 times a week.

