



Figure 2 Backhand/frisbee Toss: (a) beginning position and (b) final position.

Backhand/frisbee toss

Purpose: This exercise is designed to re-program the muscles used in pulling motions.

Starting position: Standing in a semi-squat position

Exercise:

- _ Begin with a “wind-up motion” by reaching your right palm towards your left shoulder while twisting your torso to the left as well.
- _ Most of your body weight will be on your left leg.
- _ Slowly untwist while you step to the side and transfer your weight to your right leg
- _ As your weight transfers let your arm unfurl across your body while turning your palm up
- _ Hold this final position

Fine tuning:

- _ Keep your chest up (e.g. avoid slouching) and your shoulder back and down away from your ear (avoid shoulder shrugging) throughout the movement
- _ Generate most of the strength for the motion by turning your hips
- _ Keep your elbow in close to your side until the very end of the motion
- _ Feel a slight stretch in the hip on your back hip at the end of the motion (Fig.2)