

FITNESS FORM FOR THE THROW CENTER

Always began any aggressive event with a good stretch program

DO NOT WORK THROUGH PAIN

Record each event with a zero to five rating. 0 for no pain, 1 for slight stress, 3 for mild pain, and 5 for too much pain to complete the event

Long ball – throw only the distance you can throw with no pain

If recovering from a dislocated shoulder – be very careful on #4 and on #13, bypass if necessary
**HAVE SOMEONE TIME YOU ON EACH EVENT AND RECORD HOW MANY, HOW LONG
 OR HOW FAR YOU CAN GO IN ONE MINUTE ON EACH EVENT**

		PAIN LEVEL 0 TO 5
1.	PUSH UP'S _____ # OF TIMES	_____
2.	PULL UP'S _____ # OF TIMES	_____
3.	HAND WALK - WALK ON HANDS _____ DISTANCE	_____
4.	SKIN THE CAT - HANG ON BAR AND _____ # OF TIMES BRING FEET BETWEEN HANDS AND BACK AGAIN (GOOD FOR ROTATOR CUFF)	_____
5.	HAND STAND - HEELS AGAINST _____ SECONDS WALL FOR 1 MIN	_____
6.	KNEE LIFTS - HANG ON BAR AND _____ # OF TIMES TOUCH CHEST WITH KNEES	_____
7.	SIT UP'S - IN 1 MIN. _____ # OF TIMES	_____
8.	CARIOKA RIGHT _____ DISTANCE	_____
9.	CARIOKA LEFT _____ DISTANCE	_____
10.	JUMP ROPE _____ # OF JUMPS	_____
11.	LONG BALL THROW (ONLY NO PAIN) _____ DISTANCE	_____
12.	SWIM - EXCELLENT FOR REHAB _____ DISTANCE ARM, SHOULDER, ELBOW	_____
13.	OVERHEAD LADDER - WALK _____ DISTANCE	_____

PAIN LEVEL

COMPLETE THIS FORM AND MAIL WITH YOUR APPLICATION

