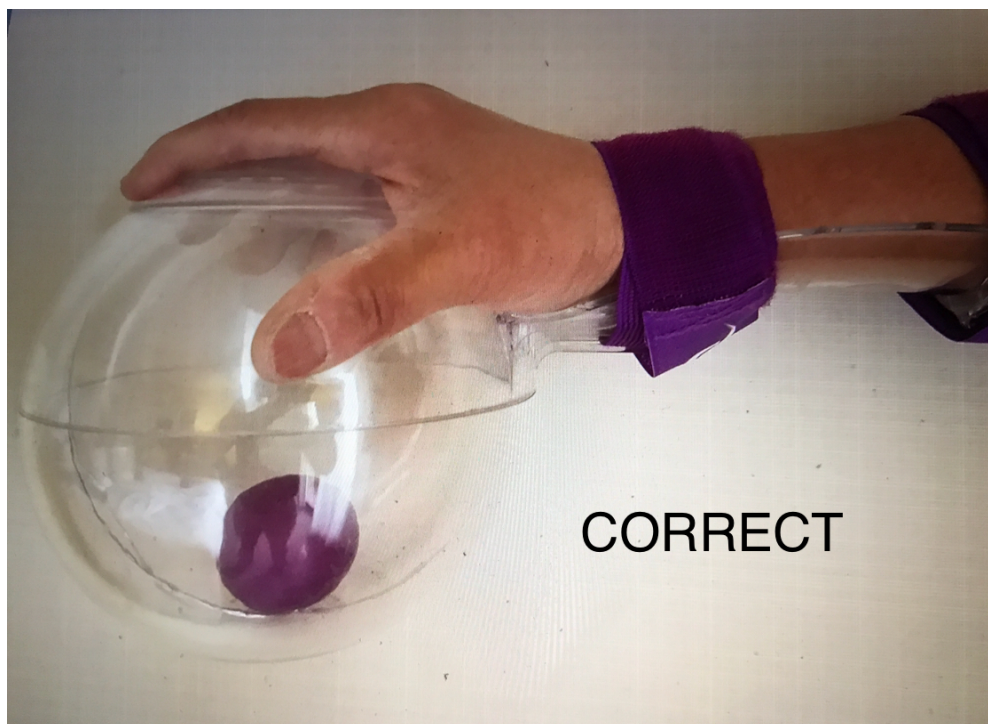


## FOOTBALL QUARTERBACK

### ShoulderSphere® Instructions for Use

Correct position: ensure your wrist is relaxed and has complete contact against the plastic splint while being securely strapped in by the elastic strap. Relatively tight engagement is necessary in order to optimize the rotator cuff workout. Make sure there is no wiggle room between your wrist and the splint. This also avoids undue stress against the plastic splint, which may cause breakage.

The easiest way of putting on the ShoulderSphere® is to place it on top of your hand -- PALM facing UP - and gently cradle it, making sure that the strap is wrapped securely, particularly the part at wrist level.



Incorrect position: note in the image below how the wrist is tense and flexed against the splint. There is a large gap between the splint and the wrist, which creates undue three-point contact stress against the plastic splint. This will break the plastic splint. There should be no wiggle room in-between the skin and the plastic splint. Incorrect posture prevents an optimal rotator cuff workout.



In anticipation of about 40 passes per game at 30 mph.  
Event driven training technique of pass simulation using the A7 ShoulderSphere.  
Maintain spin of the ball . Do not bounce.  
Bounce means RC shut down and weakness.  
Red light denotes high power at high spin rate for the rotator cuff.  
Green lower power. Increased passes in red and longer duration keeping the light red reflects power improvement.  
Only need to train 2-3x/ week. Isolation is so intense that should give 24 hour recovery in between.

Week 1. 5 passes. 3 sets

Week 2. 7 passes. 3 sets

Week 3. 9 passes. 3 sets

Week 4. 12 passes. 3 sets

Week 5. 15 passes 3 sets

Week 6. 16. passes. 3 sets

Week 7. 17. passes. 3 sets

Week 8. 18. passes. 3 sets

Week 9. 19 passes 3 sets

Week 10. 20 passes. 3 sets