

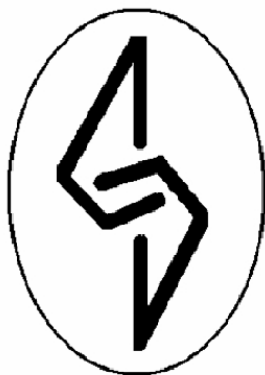
# Shoulder Strength and Conditioning For the Throwing Athlete

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## During this 1 hour session you will learn:

- Basic shoulder anatomy
- Basic proper throwing mechanics
- Specific strength and conditioning steps to improve throwing velocity, distance, and accuracy
- Keys to injury prevention, early injury recognition, and care of the shoulder



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