- Week 8 begin
 - o Light isotonic triceps
 - o Isotonic wrist flexors/extensors
 - o Shoulder isotonics
 - o Continue rotator cuff and scapular exercises
 - o Progress weight 1 lb. per week

Phase IV: Weeks 10-16

Guidelines:

- Biceps isometrics @ Week 12
- Continue flexibility exercises
- ROM/stretching exercises
- Weeks 10-12
 - Initiate UBE

Phase V: Weeks 16-26

Guidelines:

- Light biceps isotonics (Week 16)
- Plyometrics
 - o Two-handed @ Week 16
 - o Progress to one-handed at Week 20-22

Phase VI: Weeks 26+

Guidelines:

- Return to Activity
- Sport Specific Training