



Pitching Arm Care

Courtesy Geoff Freeborn, Sidearm Nation

Pre Pitching Warm Up – How to Warm Up Your Pitching Arm

- Make sure you're not rushed and know your routine
- Are you home or away – don't want to get ready to quickly and then cool down too long. If the visiting team, some pitchers enjoy watching their team hit.

Before you set foot on the mound, it's important to warm up your pitching arm. A proper warm-up routine prepares your muscles for the task ahead, reducing the risk of injuries. This process aids in improving blood circulation and oxygenating the muscles, thereby enhancing their performance.

Remember, an effective warm-up should increase your heart rate gradually these are active movements that get your blood pumping and your body ready for the game.

Here are the exercises:

- **Light Jog:** A light jog for about 10 minutes helps to warm up your whole body, improving the heart rate and circulation. Foul pole to foul pole etc
- **Arm Circles:** Extend your arms out to the sides and perform small circles in the air, gradually increasing their size. This helps to loosen up the shoulder joints.
- **Shoulder Circles:** Similar to arm circles, shoulder circles involve rotating your shoulders in a circular motion. It aids in relaxing the muscles around the shoulder blades.
- **High Knees:** This exercise enhances overall body circulation. March in place, lifting your knees as high as possible.
- **Torso Twists:** Standing straight, twist your torso from one side to another. This helps to loosen up your core muscles.
- **Bands –** for these pregame it's more about quick movements, firing up the shoulder

Post-Pitching Arm Care Routine

Just as warming up is critical to prepare your body for pitching, cooling down post-pitching is equally important. An effective post-pitching routine aids in minimizing muscle stiffness and restoring the flexibility lost during the game.

The objective of a post-pitching routine is to bring your body back to its normal state, reduce the heart rate gradually, and help the muscles recover. This routine should focus on static stretches that help in relaxing and lengthening your muscles.

Here are some activities for your post-pitching routine:

- **Slow jog:** A slow jog helps to gradually decrease your heart rate and aids in maintaining overall body circulation, flush out the arm.
- **Shoulder Stretch:** Cross one arm over your chest, using the opposite hand to gently pull it closer. This stretches the shoulder muscles.
- **Tricep Stretch:** Similar to the warm-up stretch, it helps in relieving tension in the triceps.
- **Hydration:** It's important to replenish the fluids lost during the game, so ensure you drink plenty of water or a sports drink.
- **Rest:** Give your arm ample rest to recover from the game's exertion. For some playing nice easy catch though the day after, your arm needs that instead of taking the day off completely. Everyone is different.
- **Sprints – Everyday:** 10 hard 90-foot sprints (U18) 80-foot (U15 and U13): Keeping the arm healthy while also keeping the fast twitch muscles firing.





Arm Care during the season

Ideal for off-days and the day after your throw.

When you throw a baseball, your shoulder is moving forward so trying to pull that shoulder back and stay healthy.





Bands – 2-3 sets of 10-12...don't want band to be too heavy

External rotations - <https://www.youtube.com/watch?v=wbKB34nEY9A>

Rows - <https://www.youtube.com/watch?v=JP2xq33lNF0>

Bow and Arrows <https://www.youtube.com/watch?v=uY821oOdNJs>

Band Pull Apart - <https://www.youtube.com/watch?v=DI-0B3ujqyo>

<i>External Rotations</i>	<i>Rows</i>	<i>Bow and Arrows</i>	<i>Band Pull Apart</i>
			

Arm Care – icing the arm

Should you ice after pitching?

Every time you throw you tear microfibers in your shoulder/rotator cuff but they heal back up naturally.

Everyone is different, but more and more studies are saying not to ice; icing has been show to restrict the natural healing process

Heat – hot tub, hot shower can be better for the healing process.

If it's a nagging injury or a sharper stabbing pain for a longer period of time then you can ice to help get rid of some of that inflammation.