

Arm Care and Throwing Routine

Structure:

- 1.) Arm Care Program: 2 Days / Week
 - i. See below for details
- 2.) Throwing Program: 2 days / Week
 - i. See below for details
- 3.) Rest Day in between Arm Care & Throwing Program
 - i. On rest days, if arms feel good add:
 1. Push ups: 5 sets of 10 reps

Philosophy:

We are trying to bring the arm back into season shape gradually so that when evaluations / season starts we will already have got our arms healthy and ready to go

Note: if you are attending a Camp, those days should be considered a “Throwing Day” and taken into account for your schedule

Timeline:

Use this guideline for March and April. Remember a camp session / evaluation date with throwing / or practice should be considered a “throwing day”.

Once the season begins continue the “Arm Care” program 2 times per week on days that you do not have a practice or game. Discontinue the “Throwing Program” and ensure the arm has **at least** one “off “ day / week. If you experience “Soreness” in your arm add more rest and ensure you coach is made aware

Arm Care Routine

1) Warm-up (Very important to warm up our body before activity)

- a. Arm Circles
 - i. Forwards – Small to Large (palms down)
 - ii. Backwards – Small to Large (palms up)
- b. “L” Downward press
 - i. Arms out to side, elbows up in “L shape”, press down (10 seconds)
- c. Finger Clench Circles
 - i. Clench fingers together (right thumb on top, left thumb on bottom) elbows out, above forehead
 1. Tiny circles forward rotation
 2. Tiny circles backward rotation
- d. Jumping Jacks
 - i. 30 seconds

2) Towel Drill

- a. To be used as a warm up only
- b. YouTube video
 - i. <https://www.youtube.com/watch?v=yCOBV3510MU>
 - ii. 10 reps on knee, 10 standing reps
 1. Concentrate on form and mechanics

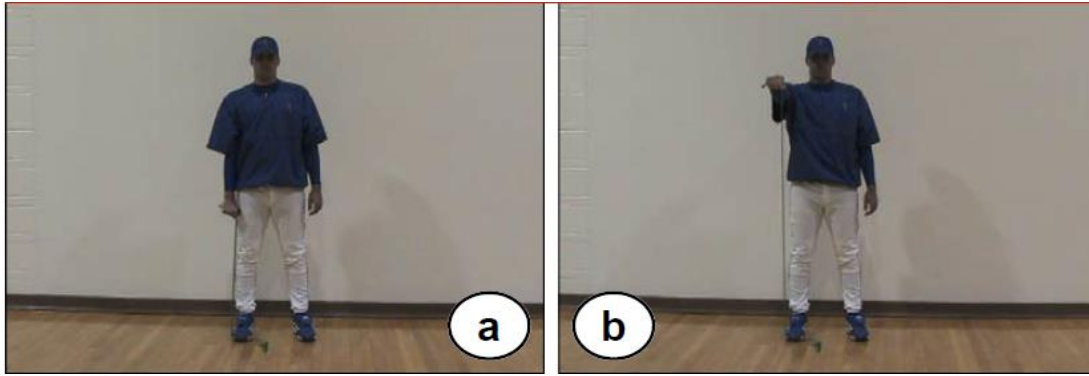
3) Shoulder Exercises

- a. 6 pack – W’s / T’s / I’s
 - i. YouTube Video: <https://youtu.be/aPhHrAuJaP0>
 1. 2 sets of each, 5 reps / set
 2. On exercise ball or ground
- b. Band Exercises
 - i. See below for exercises along with recommended sets & reps
 - ii. Tubing or bands required
- c. Dumbbell Exercises
 - i. See below for exercises along with recommended sets & reps
 - ii. **Very light weight** (max 5lbs. for older ages (15U and up), young ages no weight at all or items like: soup cans, balls, water bottles)

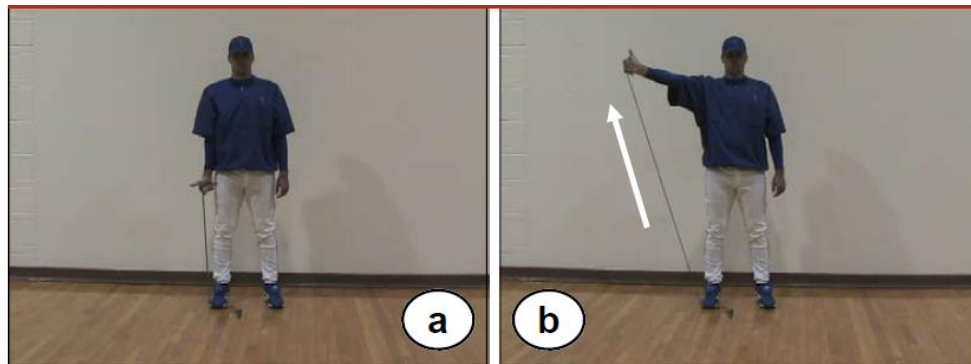
Band Exercises

By working on specific shoulder, rotator cuff and arm conditioning and strengthening techniques, you may be able to avoid injury and improve the efficiency of your throwing motion.

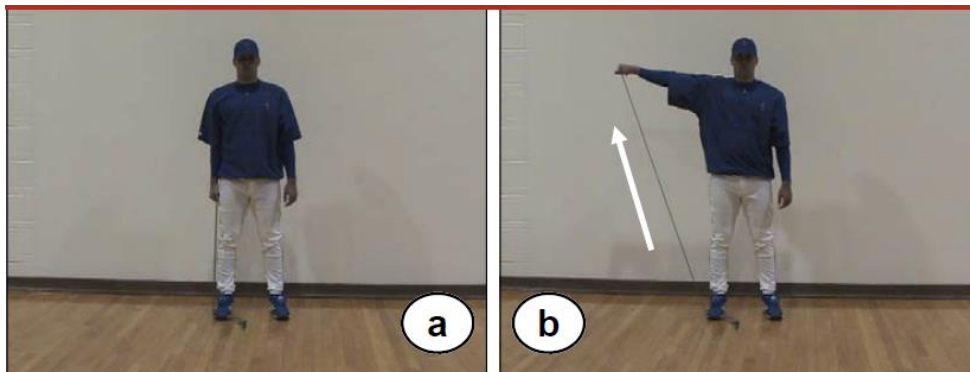
Flexible Tubing Exercises	Sets	Reps
Flexion	2	10
45° Flexion	2	10
Abduction	2	10
Internal Rotation	2	10
External Rotation	2	10
External Rotation @ 90° <i>—or—</i> External Rotation 90°/90°	2	10
Reverse Fly @ 90°	2	10
Straight Arm Pulldown	2	10
Reverse Throw	1	15



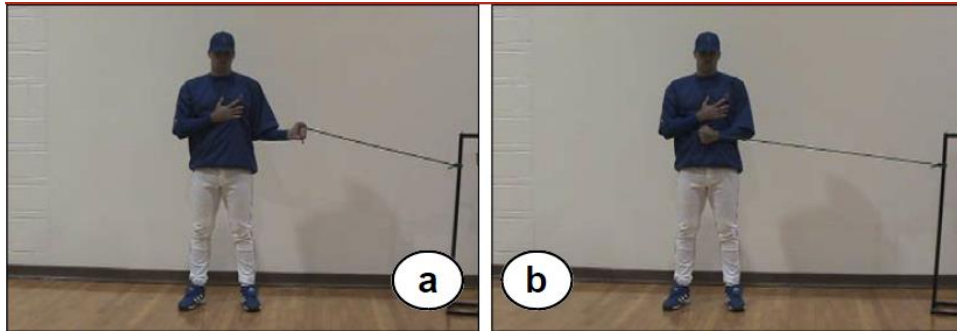
Flexion: Stand with tubing securely in active hand and opposite end under same foot of the involved side to control tension. Tube should be taut. Lift active hand straight forward from side to shoulder height. Repeat.



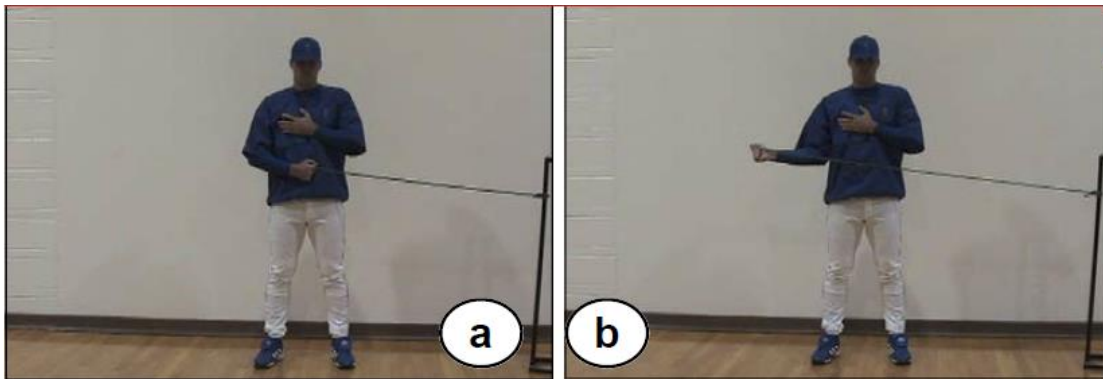
45° Flexion: Stand with tubing securely in active hand and opposite end under same foot of the involved side to control tension. The tube should be taut. Lift active hand straight up from side at 45° to shoulder height and repeat.



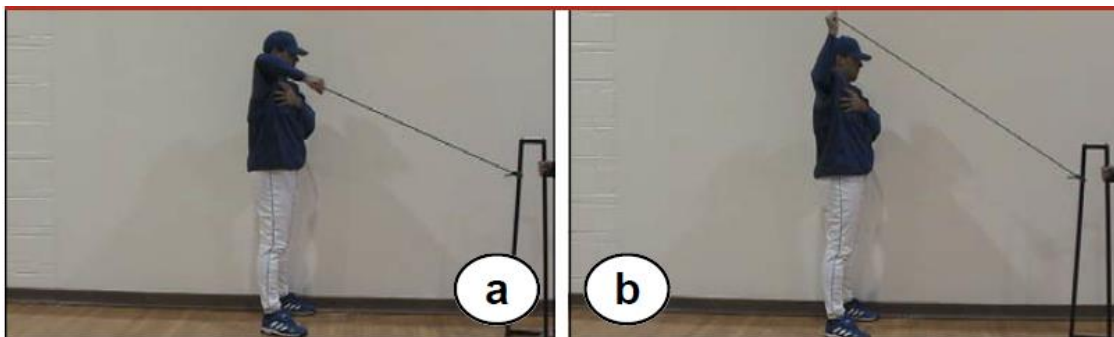
Abduction: Stand with tubing securely in active hand and opposite end under same foot of the involved side to control tension. Tube should be taut. Lift active hand straight to the side to shoulder height at 90°. Repeat.



Internal Rotation: Stand with tubing securely in active hand and opposite end attached to a doorknob or fence. Tube should be taut. Starting with active arm away from body, rotate active arm inward to body. Keep elbow at side. Repeat.



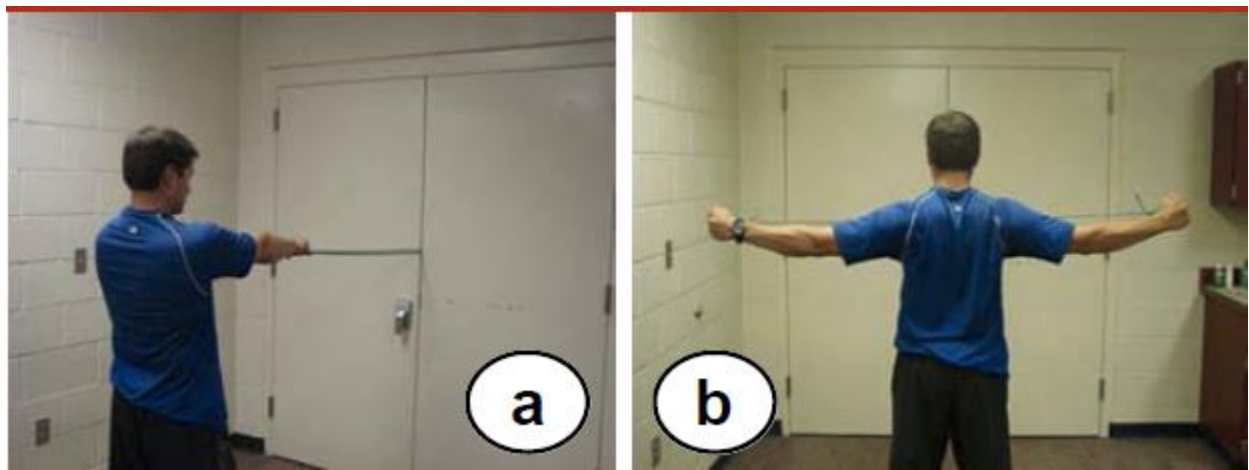
External Rotation: Stand with tubing securely in active hand and opposite end attached to a doorknob or fence. Tube should be taut. Starting with active arm in at body, rotate active arm outward away from body. Keep elbow at side. Repeat.



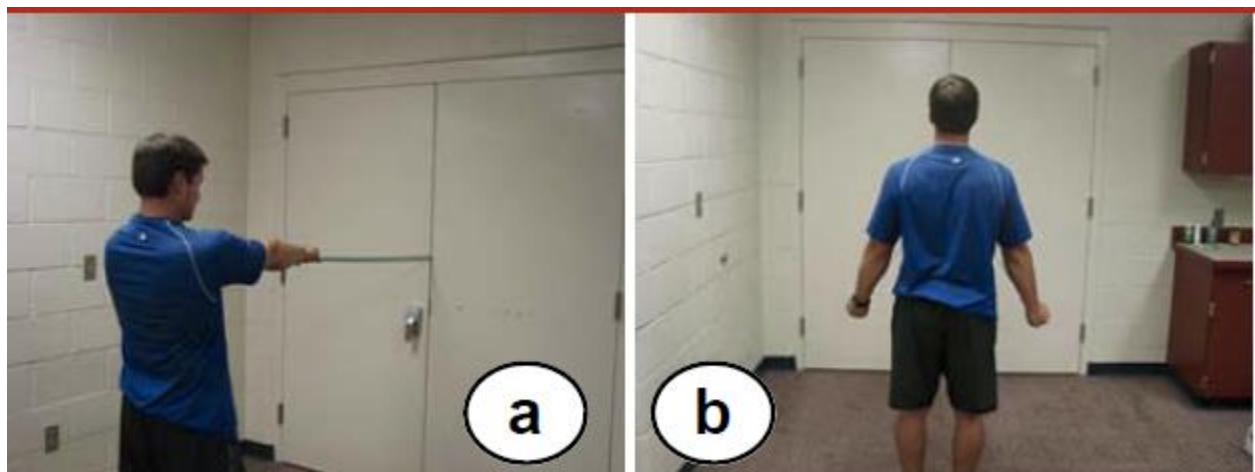
External Rotation @ 90°: Stand with shoulder abducted at 90°, externally rotated 90°, and elbow flexed at 90° (elbow at shoulder height). Keeping shoulder abducted, rotate shoulder backward keeping elbow at 90°. Return tubing and hand to start position. Repeat. Keep back straight and elbow still.



Reverse Rotation 90°/90°



Reverse Fly @ 90°



Straight Arm Pulldown

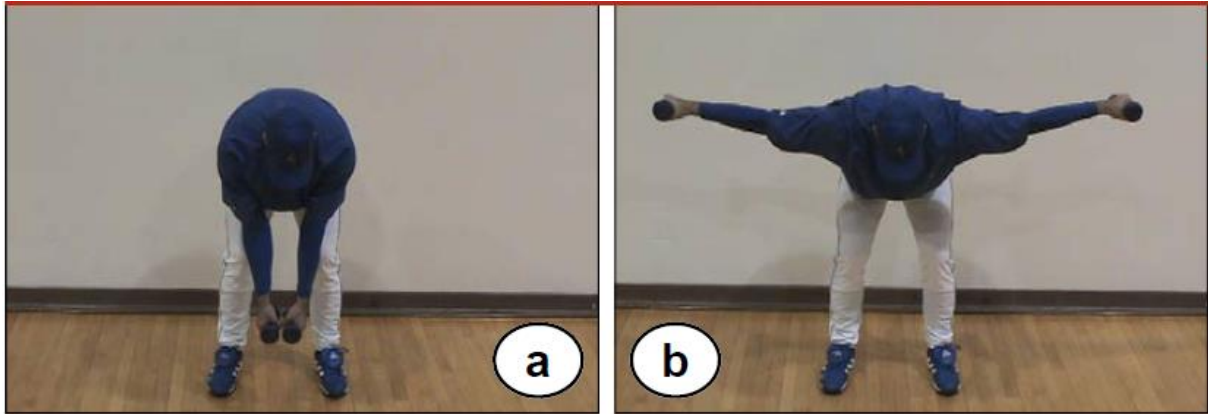


Reverse Throw: Start in follow-through pitching position, feet spread apart. With tubing taut, bring tube back to chest by lifting with elbow (see "pic b"). Continue to diagonally extend hand away from body into high-cock throwing position and repeat.

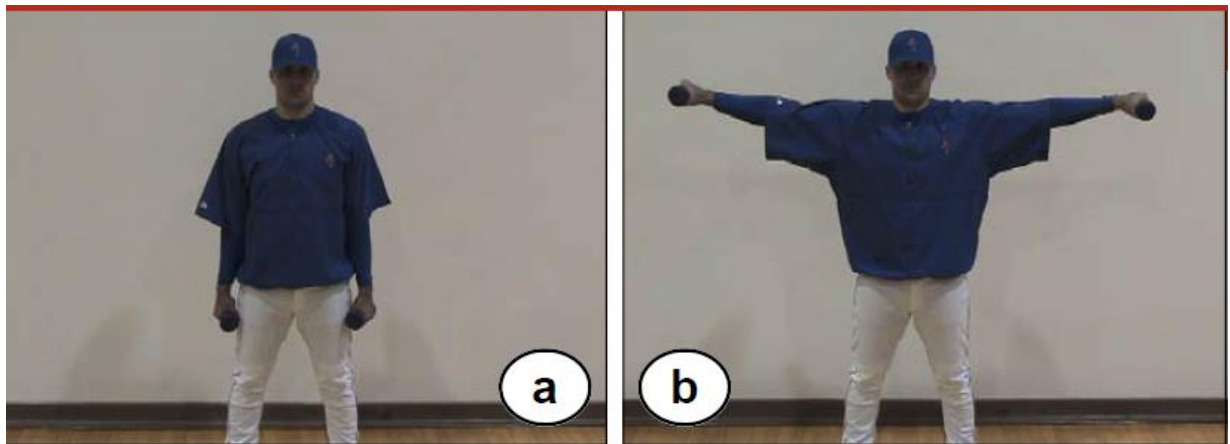
Lightweight Dumbbell Exercises

This **lightweight dumbbell routine** is based on the popular [Throwers 10 rotator cuff circuit](#) and [Dr. Frank Jobe pitching exercises](#).

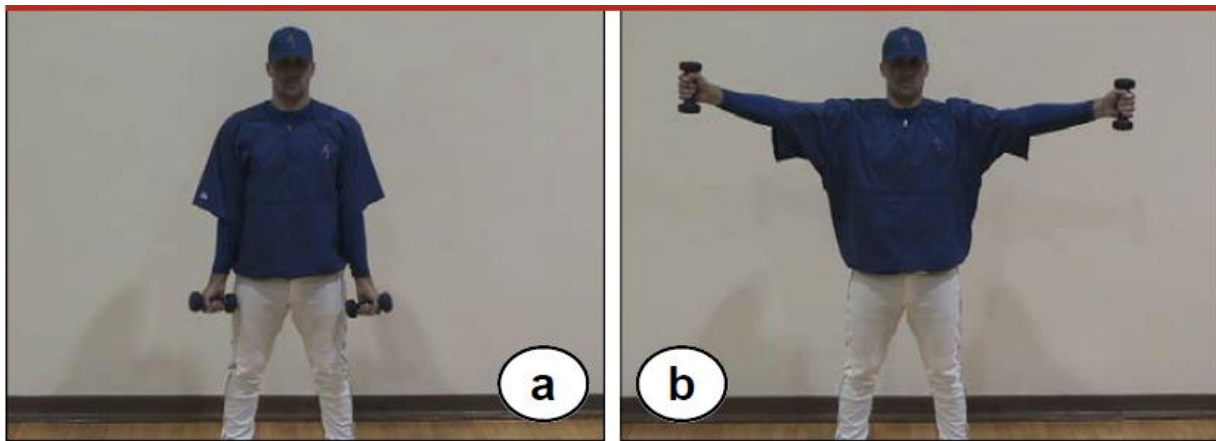
Lightweight Dumbbell Exercises	Sets	Reps	Weight
Post delt	2	10	2-5 lbs
Lateral raise	2	10	2-5 lbs
Full can	2	10	2-5 lbs
Anterior raise	2	10	2-5 lbs
External Rotation	2	10	2-5 lbs
Internal Rotation	2	10	2-5 lbs



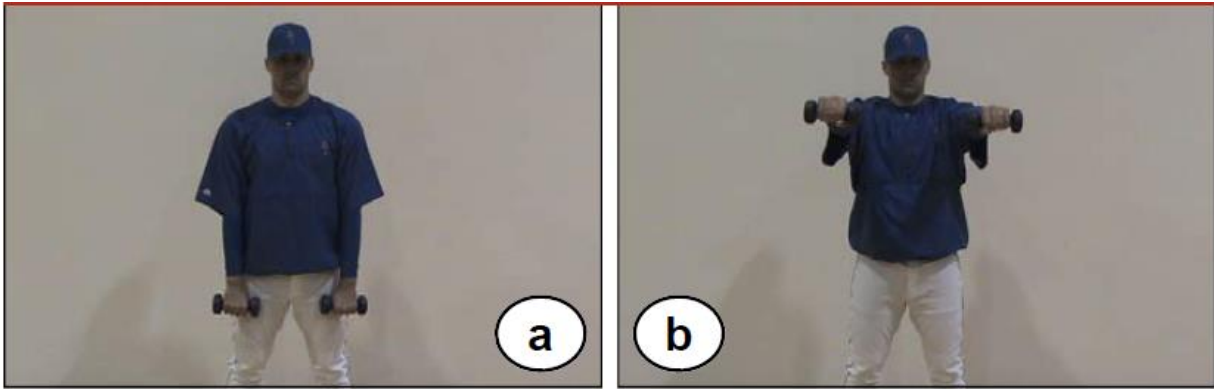
Post Delt: Bend at waist. Arms hang freely. Squeeze shoulder blades together. Bring dumbbells straight out and up to shoulder height. Return to start position in a slow, controlled manner.



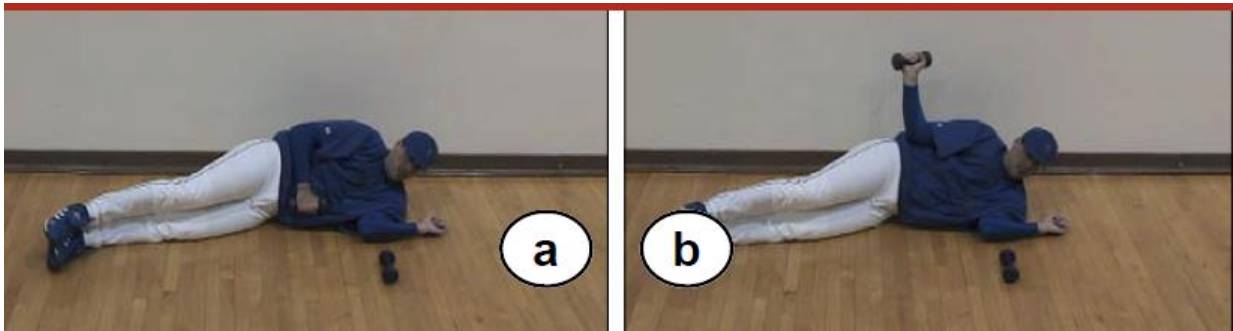
Lateral Raise: Stand straight. Squeeze shoulder blades together and raise dumbbells straight outward and upward from side to shoulder height. Return to start position in a slow, controlled manner.



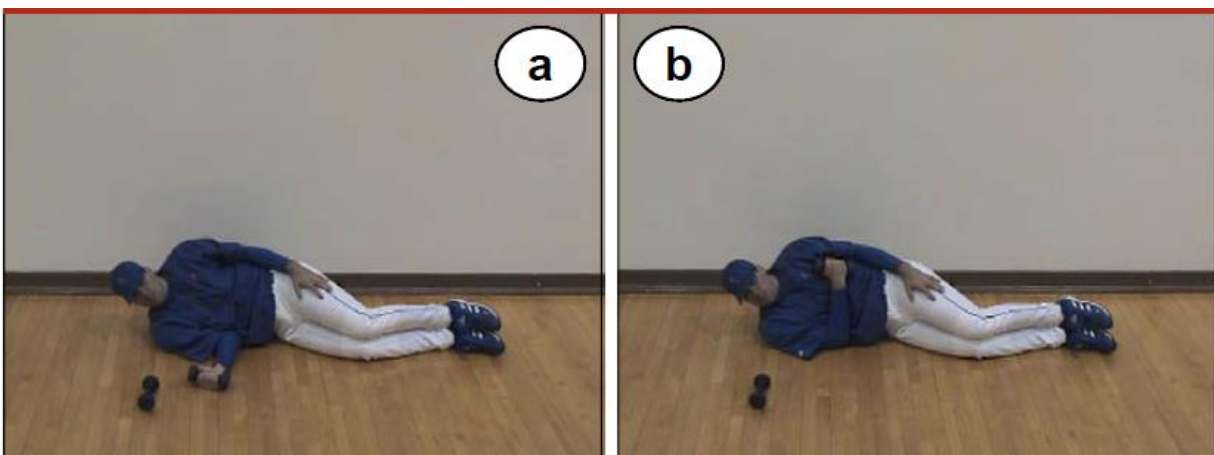
Full Can: Stand straight. Squeeze shoulder blades together and raise dumbbells, thumbs up, to shoulder height at a 45° angle. Return to start position in a slow, controlled manner.



Anterior Raise: Standing straight, squeeze shoulder blades together and raise dumbbells straight forward from side to shoulder height. Return to start position in a slow, controlled manner.



External Rotation: Lying on side, active elbow pressed into side of body, squeeze shoulder blades together. Slowly raise dumbbell away from body until arm is pointed directly upward. Lower to start position in a slow, controlled manner.



Internal Rotation: Lying on side, active elbow pressed into side of body, squeeze shoulder blades together and slowly bring dumbbell into mid-section of body. Return to start position in a slow, controlled manner.

Throwing Program

1.) Warm-up

- a. Arm Circles
 - i. Forwards – Small to Large (palms down)
 - ii. Backwards – Small to Large (palms up)
- b. “L” Downward press
 - i. Arms out to side, elbows up in “L shape”, press down
- c. Finger Clench Circles
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 1. Tiny circles forward rotation
 2. Tiny circles backward rotation
- d. Jumping Jacks
 - i. 30 seconds

2.) Towel Drill Routine

- a. 1 Knee (10 throws)
 - i. Concentrate on form
- b. Step and Throw (20 throws)
 - i. 10 throws @ 60%
 - ii. 10 throws @ 90%
 1. To throw harder think about plant leg (push harder from leg, lengthen stride as a result), not throwing harder with arm
- c. Step Behind and Throw (20 throws)
 - i. 10 throws @ 60%
 - ii. 10 throws @ 90%
 1. To throw harder think about plant leg (push harder from leg, lengthen stride as a result), not throwing harder with arm
 2. Ensure momentum stays in a linear fashion, think straight line. When landing leg comes down (left leg for righty, right leg for lefty) it should not be out to the left (righty) or out to the right (lefty)
 3. Put tape on the ground to ensure landing foot stays in line with rest of throwing motion
- d. Cool Down
 - i. Step and Throw (10 throws)
 1. 60%

