

Always consult your physician before beginning any exercise program. The information and advice published or made available through the Orthopaedic and Neurosurgery Specialists, PC is not intended to replace the services of a physician or physical therapist. This general information is not intended to diagnose any medical condition. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

Pitching, hitting and throwing are three movements that challenge your whole body. Strong legs, a balanced core and shoulder stability are crucial in order to throw a 90 mph fastball or hit the ball for a game winning home run. For strong legs and arms, baseball players usually engage in strengthening exercises like squats, bench presses, push-ups and pull-ups. However, a dynamic training program that emphasizes the rotator cuff, functional strength and overall stability has been demonstrated to help reduce the risk of pain and injury in baseball players. In addition to a gym workout, add

these exercises and stretches for a complete training experience.

Perform each exercise for 2 sets of 15 repetitions on each side, unless otherwise noted. Weights and resistive bands can be purchased at any local sports equipment retailer. For stretches, hold each one for 30 seconds and perform on each side. Perform this program at least three times a week while conditioning in the winter and once a week during season. Play safe, play strong and have fun!

- 1) Lie face down on a bench with weights in hands. Pull arms up with elbows bent, keeping them close to your sides and squeezing shoulder blades at the top of the motion. Slowly lower, repeat.
- 2) Continue face down on bench. Hold weights in hands. Pull arms straight up towards hips, squeezing shoulder blades together. Slowly lower, repeat.



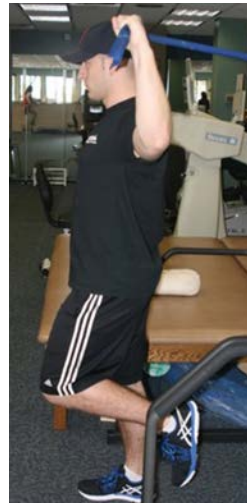
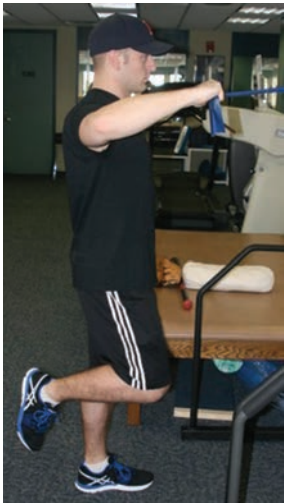
- 3) Continue face down on bench. Hold weights in hands. Lift arms straight out to the side, with thumbs pointed up, so that you look like a "T" from above. Squeeze shoulder blades together. Slowly lower, repeat.
- 4) Continue face down. Hold weights in hands. Lift arms up and overhead with thumbs pointed up, at an angle so that you look like a "Y" from above. Keep shoulder blades down and back, do not let them hike up towards your ears. Slowly lower, repeat.



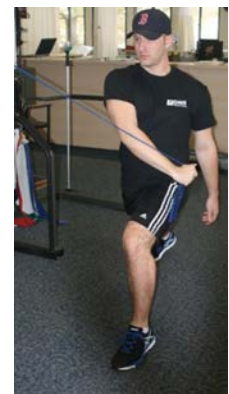
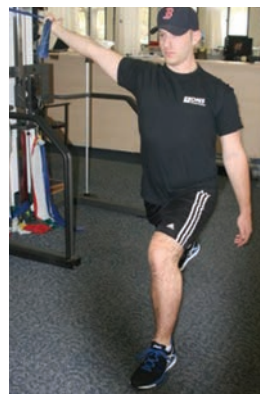
- 5) Continue face down. Hold weights in hands. Begin with arms out to the side, elbows bent, shoulder blades held tight in towards your spine. Rotate arms up. Slowly lower back down, repeat.



- 6) Stand facing resistive band, anchored at chest height. Hold onto end in hand, stand on opposite leg only. With elbow bent, rotate arm back. Keep shoulder blade down and back, tucked in towards your spine, not up towards your ear. Slowly return to start position, repeat.
- 7) Stand facing away from band, elbow bent, band in hand. Stand on opposite leg only. Rotate arm forward, keeping shoulder blade tucked into your spine. Slowly return to start position, repeat.

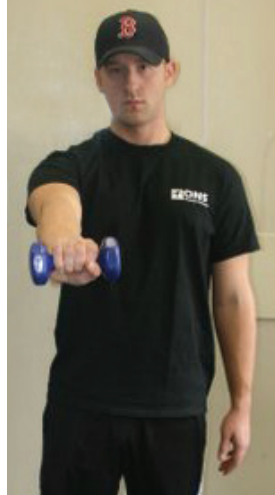
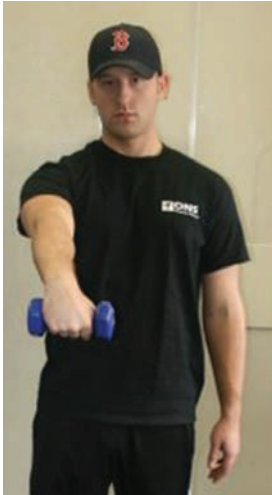


- 8) Stand sideways to the band, in a lunge position as shown. Begin with arm down and across your body, thumb pointed in. Move it up and away in a diagonal pattern, twisting your arm at the end range so that your thumb is pointed back. Slowly return, repeat.
- 9) Stand sideways to the band, in a lunge position as shown. Begin with arm up and away from you body, move it down and across your waist, thumb turned in. Slowly return to start position and repeat.

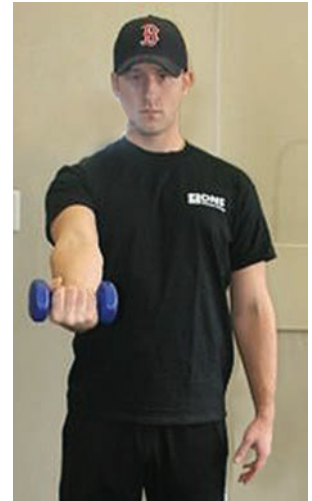
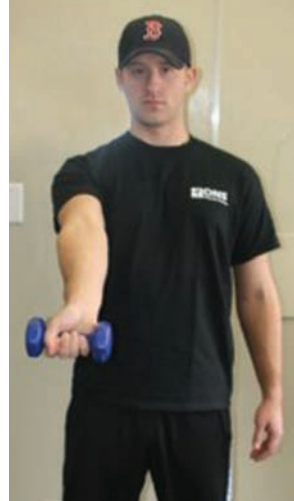




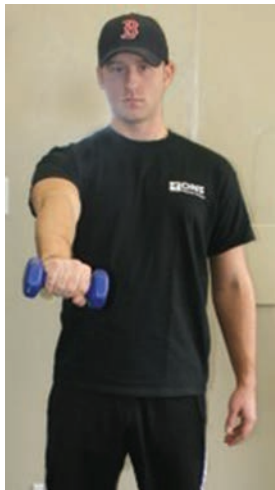
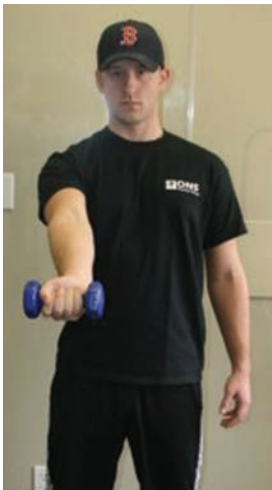
10) Hold weight in hand with arm out straight, palm down. Move wrist up, then slowly back down. Repeat.



11) Hold weight in hand with arm out straight, palm up. Move wrist up, then slowly back down. Repeat.



12) Hold weight in hand with arm out straight, palm up. Rotate forearm to a palm down position. Repeat.



13) Stand with weights in hands. Move arms up to shoulder height, at an angle slightly forward from out to the side. Keep thumbs pointed up. Slowly lower, repeat.



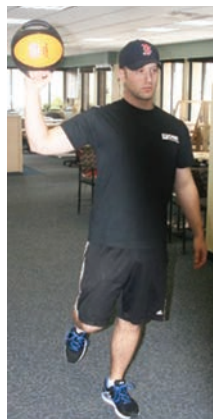
14) Support yourself on your forearms and toes, keeping your stomach tight and back in neutral. Hold for 30 seconds, repeat 3 times.



15) Support yourself on your elbow and foot, as shown. Lift your hips and hold in a straight line, keeping your stomach tight and your back in neutral. Hold for 30 seconds, repeat 2 on each side.



- 16) Stand on one leg with medicine ball as shown. Bend your hip and knee and reach with your hand across your body towards the opposite foot, as shown. Maintain your balance. Return to start position, repeat.



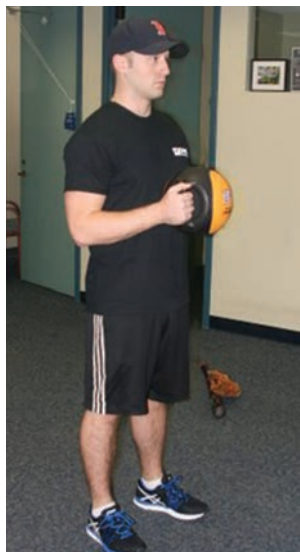
- 17) Hold medicine ball in front of you. Keeping your balance, bend at your hips, while extending opposite leg straight back. Let your arms and the ball lower freely. Keep your stomach tight and your back in neutral. Return to start position, repeat.



- 18) Begin standing with medicine ball at waist. Take a large step forward, bend knees and lower to the ground. Lift back up and step back together. Keep your trunk straight; do not let your front knee bend past your toes. Repeat.



- 19) Begin with medicine ball at waist. Lift one leg up as shown, rotate your trunk back and forth. Lower leg, repeat. This counts as one rep, perform 2 sets of 15 on each side.



- 20) Kneel as shown. Tighten your stomach and shift your hips forward until you feel a stretch in the front of your rear hip.





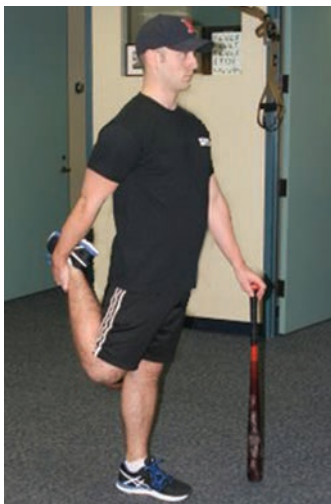
21) Kneel as in previous exercise, reach overhead as shown, shifting your hips toward that side for a stretch in the side of your thigh.



22) Squat down on one leg with the other straight out to the side, as shown. You should feel a stretch in your inner thigh.



23) Stand with your ankle to your buttocks, using a bat for balance as needed.



24) Take a large step forward, keeping your back foot flat. Lunge forward until you feel a stretch in the back calf.



25) Lie down with one knee bent. Hold it across your hips as shown, using opposite arm for support.



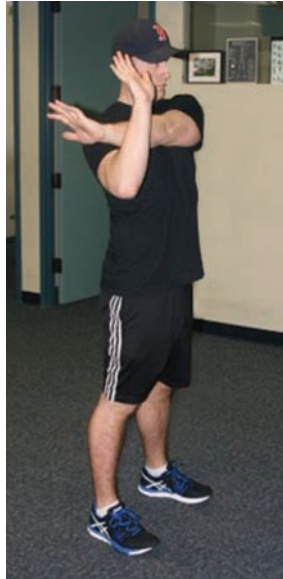
26) Lie down with one leg straight up, holding behind your knee with hands.



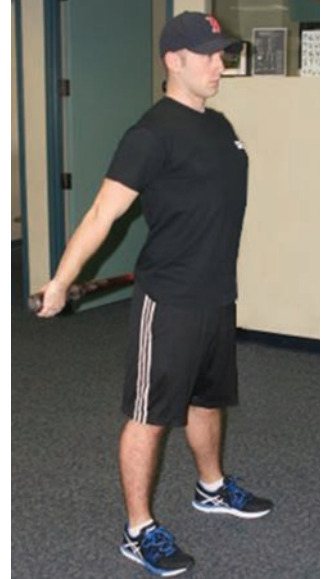
27) Lie face down with hands underneath your chest. Lift your head and shoulders up, keeping your hips flat and your buttocks relaxed. Lower back down, repeat, 2 sets of 15 reps.



28) Stand with arm across your chest, as shown. Keep your shoulder blade down.



29) Stand with bat held behind your hips, palms turned out; lift up as high as you can.



30) Stand with bat overhead, palms turned forward, lift up as high as you can.



31) Stand with arm straight out in front of you, palm down, bend your wrist down and hold.

