

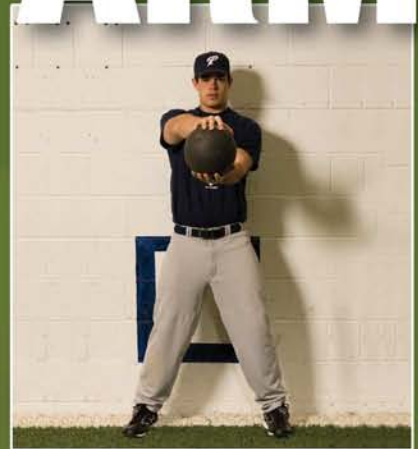
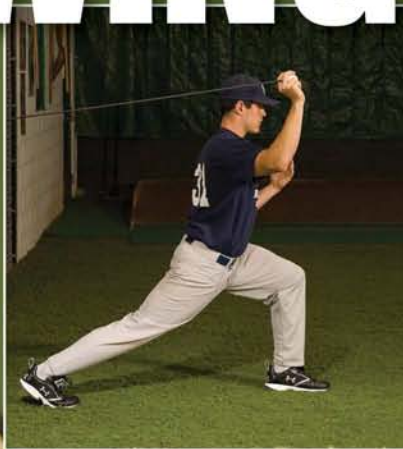
# PRO TEACH

# 10 STEPS TO A

# STRONGER

# THROWING ARM

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# WARM UP

- 1. 10 minute jog:** Always begin the exercises with a 10 minute jog to get the blood flowing and warm the muscles.
- 2. Lunge twists:** Player lunges forward while twisting in the same direction. For example: When lunging with the right leg, the player twists to the right. 10 - 20 times each leg.
- 3. Arm circles:** Player begins doing small circles forward with arms straight then slowly progresses to full range of motion circles. After doing forward circles, the player repeats the exercise doing backward circles.

2a.



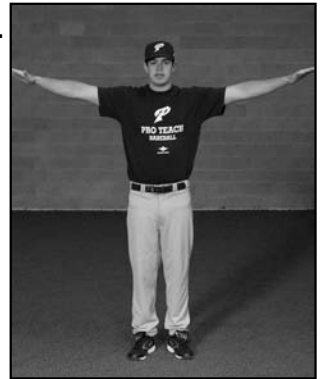
2b.



3a.



3b.



3c.



3d.



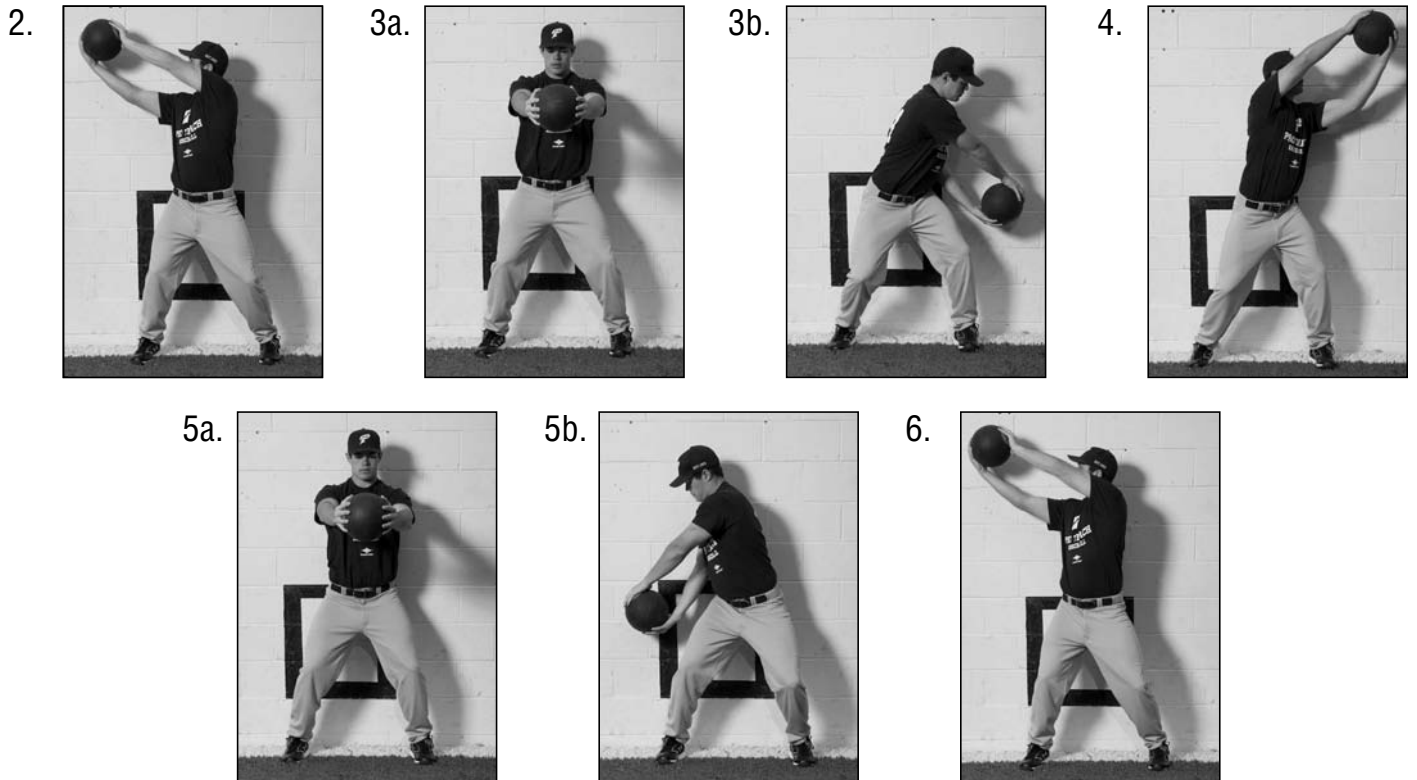
# HI-LOWS

**Primary Muscles Used:** Core muscles, pectorals, deltoids, internal & external rotators of the shoulder

**How it's done:**

1. Player stands with top of their bum touching the wall. Feet shoulder width apart approximately 3-5 inches away from the wall and knees bent.
2. Starting with their left hand on top of the ball and right hand underneath. The ball is raised above their head and to the player's right touching the wall.
3. The player then quickly moves the ball in a diagonal motion to their lower left side touching the wall again. While making the motion, the player switches to the right hand being over top of the ball and the left hand underneath.
4. The player then slides the ball up the wall to above their head on their left hand side with their hands in the same position.
5. From this point the player quickly moves the ball in a diagonal motion to their lower right hand side while switching hand position again.
6. The player then slides the ball up the wall on their right side and returns to the starting position.

**Key points to remember:** Players must keep their heels on the ground throughout the entire exercise. When moving diagonally, the player should attempt to keep elbows as straight as possible. Start as high as possible and finish as low as possible without bending the knees anymore than they are at the starting point. The player must maintain a firm core throughout the motion!!!



# STANDING INTERNAL ROTATION

**Primary Muscles Used:** Internal Rotators of the Shoulder (Subscapularis and Teres Major).

**How it is done:**

1. Player begins by standing with arm to be worked closer to tubing attachment. Feet shoulder width apart.
2. Elbow at their side and at a 90° angle with the tubing in hand and thumb up. The hand is in-line with the elbow.
3. With arm/tubing at tension, player brings hand in towards their stomach while maintaining a 90° angle at the elbow. This should be done at a count of 2.
4. Next, the player returns the hand back to the starting point with the elbow at their side and the hand out away from the stomach.

**Key points to remember:** The player should never use more than 5 lbs of resistance/tension.

1. & 2.



3a.



3b.



3c.



4.



# RELEASE POINT

**Primary muscles used:** internal rotators of shoulder.

**How it's done:**

1. Player stands with feet in throwing position. Tubing is attached above the player's head on the wall/fence.
2. Glove hand is held firmly in front of the chest with chest over the thigh/knee.
3. Throwing hand is placed with the shoulder and elbow at 90°. The elbow is situated just anterior to the body. This is the player's true release point.
4. From here, the player brings the hand down 90° to a position where the fist is facing forward, palms down. The elbow and shoulder must remain stationary!
5. The player then slowly returns the hand back to the starting position.
6. This exercise can be made more difficult by elevating the back foot (i.e., on weighted ball)

**Keys to remember:** The player must maintain balance. The player should try not to break the wrist!

3.



4.



6a.



6b.

