

Hopkins Baseball

Arm Care

A Hopkins Royals Baseball Player is expected to:

- 1- Take care of your arm before and after a practice or game.
- 2- Tell the coach if your arm is sore, tired, or hurt.

Taking care of your arm is a full time job. Throwing a baseball, even with perfect throwing mechanics, puts your arm through tremendous stress. Although there is no guarantee that you will never have arm trouble, there are a number of things you can do to *reduce* the likelihood of injury.

**As with any exercise program, consider your limitations and personal health before performing any of these exercises. Although it is recommended, you not required to do this program.

When You Are At Home

Arm Care Exercises: Every Other Day

Choose 2-4 exercises and do 1-2 sets of 15-20 repetitions.

Exercise One: Internal Rotation (Using Surgical Tubing)

1. Secure door strap at approximately waist height.
2. Stand 2-3 feet away from door strap or attachment point with the working arm facing the band. Feet should be shoulder width apart with knees slightly bent.
3. Start position: Grasp band and flex elbow 90° keeping elbow in at side. Forearm should be rotated outward with fist pointing towards attachment of band.
4. Rotate arm inward keeping elbow at 90°. Step away from door to increase resistance if needed.
5. Return to start position.
6. Remember to keep elbow firmly secured to side. You may put a rolled towel between the elbow and side to facilitate rotation and secure form.

Exercise Two: External Rotation (Using Surgical Tubing)

1. Secure door strap at approximately waist height.
2. Stand 2-3 feet away from door strap or attachment point with the working arm facing away from band. Feet should be shoulder width apart with knees slightly bent.

3. Start position: Grasp band and flex elbow 90° keeping elbow in at side. Forearm should be rotated inward with fist pointing towards attachment of band.
4. Rotate arm outward keeping elbow at 90°. Step away from door to increase resistance if needed.
5. Return to start position.
6. Remember to keep elbow firmly secured to side. You may put a rolled towel between the elbow and side to facilitate rotation and secure form.

Exercise Three: Shoulder Extensions (Using Surgical Tubing)

1. Secure door strap or tubing approximately waist height.
2. 2–3 feet away from tubing attachment point with feet shoulder width apart at a staggered stance.
3. Start position: Grasp handle or tubing with a neutral grip (palms facing body with thumb pointing forward). Arm should be extended forward as shown.
4. Extend arm back keeping elbows straight and moving only at the shoulder joint.
5. Return to start position.
6. Remember to keep elbow close to body. Keep back and head straight. This exercise can be done bilaterally.

Exercise Four: Scapular Retractions– Prone

1. Lie face down on floor, bench, or stability ball.
2. Start position: Position arms perpendicular to body like the letter "T" with thumbs pointing up and elbows straight.
3. Raise arms up by squeezing shoulder blades together.
4. Return to start position.
5. Remember to keep head in neutral position. If positioned on floor or bench, place a rolled towel under forehead.

Exercise Five: Prone Shoulder Extensions

1. Lie face down on floor, bench, or stability ball.
2. Start position: Position arms to side of body with thumbs pointing down.
3. Raise arms up toward hips and squeeze shoulder blades together at top of movement.
4. Return to start position.
5. Remember to keep head in neutral position. If positioned on floor or bench, place a rolled towel under forehead.

Exercise Six: Shoulder Flexion

1. Stand with feet shoulder width apart and knees slightly bent.
2. Start position: Grasp dumbbells with thumbs pointing down with arms hanging halfway between hip and naval.
3. Raise arm to shoulder level keeping elbows straight and thumbs down.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position. Keep shoulders stabilized by squeezing shoulder blades together.

At Practice/Game Before You Pick Up A Baseball

Do not pick up a baseball, even if you are in a hurry, before you do the following arm stretches. Do two repetitions of each stretch.

- 1- Arm Circles (thumbs up)
- 2- Arm Circles (thumbs down)
- 3- Partner- Thumbs up
- 4- Partner- Thumbs down
- 5- Partner- Top rotator cuff
- 6- Partner- bottom rotator cuff
- 7- Partner- behind head
- 8- Bicep wall stretch
- 9- Lat wall stretch

At Practice/Game When You Pick Up A Baseball

Follow the throwing routine, making sure you practice quality throws. **Do Not Rush Through This Routine.**

- 1- Wrist Spin
- 2- Elbow to Wrist Spin
- 3- One Knee to Short Lever
- 4- Standing from Power Position
- 5- Step and Throw

As Soon As You Are Finished Throwing For The Day

1. Ice your arm for 20-30 minutes as soon as possible after you have finished throwing for the day. You can use an ice sleeve, ice pack(s), bags of ice, bag of frozen peas, etc. **Ice your arm even if it isn't tired or sore. Do not use topical medicines to treat a sore arm...this only masks the pain you are having.**
2. Run, Jog, or Walk for 20-30 minutes.
3. Make sure you are eating well, sleeping well, and drinking plenty of water.

The Day After You Have Thrown

If your arm is sore or tired, get the blood flow moving as early as possible. Run or jog for 20-30 minutes. For pitchers, this is essential. Talk with your coach if you are extremely sore or tired the day following a throwing session.