

Basic Stretching to Prevent Throwing Injuries

Sleeper Stretch

- Lay on your side with the bottom arm at shoulder height and elbow bent. Look forward with your thumb pointed at your nose and your palm towards the floor. With your fingers to the ceiling, push your hand down to the floor. Hold for 30-45 seconds. Repeat four times.

Arm Behind Your Head Stretch

- With your head up, put your arm behind your head with your hand on your upper back. Keeping your shoulders back, pull your elbow towards the opposite shoulder with the other arm. Hold for 30-45 seconds. Repeat four times for each arm.

Cross Arm Stretch

- Lay on your side. Pull the bottom arm across your body (holding at the elbow) with the opposite hand. Hold for 30-45 seconds. Repeat four times on each side.

Chest (Pectoralis) Stretch

- Lift your arm at your side to shoulder height. Bend your elbow 90 degrees, and place your arm in a door jam. Lean forward into the stretch, and turn slightly away from your stretching arm. Hold for 30-45 seconds. Repeat four times for each arm.



At Olmsted Medical Center

Olmsted Medical Center's Sports Medicine & Athletic Performance department offers many programs to teach and refine your skills. To sign up for a program or talk with our throwing specialist, call 507.535.1977.

- Throwing Evaluation Program
- Group Overhead Programs
- Summer Strength, Agility, and Quickness (SAQ) Programs
- Personal Training Program