

# **ARM CARE: ARM CIRCLES AND BAND WORKOUT**

## **PRE-THROWING**

**THIS 2 PART PROGRAM PROGRESSES FROM THE WHOLISTIC, DYNAMIC WARM-UP, TO ARM AND SHOULDER SPECIFIC MOVEMENTS. THIS PROPERLY WARMS UP THE SHOULDERS, INCREASES BLOOD FLOW AND RANGE OF MOTION FOR A SUCCESSFUL THROWING SESSION.**

### **1. ARM CIRCLES (FORWARD AND REVERSE)**

**TARGETS THE SHOULDERS IN PREPARATION FOR FOR THE BAND WORKOUT.**

**PERFORM THE NINE ELEMENTS (SMALL, 1/4, 1/2, 3/4/ FULL, 3/4, 1/2, 1/4, SMALL) AT EIGHT REPS EACH, PER SET OF ARM CIRCLES.**

**FORWARD CUES: ARMS OUT, SHOULDER HEIGHT, **PALMS DOWN**, SLIGHT BEND IN THE ELBOWS, RELAX YOUR ARMS & SHOULDERS, EASE INTO THE PROGRESSION, CONTROLLED MOMENT.**

**REVERSE CUES: ARMS OUT, SHOULDER HEIGHT, **PALMS UP**, SLIGHT BEND IN THE ELBOWS, RELAX YOUR ARMS & SHOULDERS, EASE INTO THE PROGRESSION, CONTROLLED MOVEMENT.**

### **2. BAND WORKOUT**

**11 EXERCISES TO PREPARE THE SHOULDER MUSCLES USED IN THROWING THE BASEBALL. IE. ROTATOR CUFF MUSCLES**

**THE FIRST FIVE EXERCISES ARE DUAL ARM:**

**RECOMMENDED: 25 REPS EACH**

- 1. OVER THE HEAD FOREARM EXTENSION**
- 2. SIDE EXTENSIONS**
- 3. DIAGONAL EXTENSIONS**
- 4. FORWARD FLIES**
- 5. REVERSE FLIES**

**THE NEXT SIX EXERCISES ARE THROWING ARM SPECIFIC:**

**RECOMMENDED: 25 REPS EACH**

- 1. INTERNAL ROTATION**
- 2. EXTERNAL ROTATION**
- 3. ELEVATED INTERNAL ROTATION**
- 4. ELEVATED EXTERNAL ROTATION**
- 5. REVERSE THROWING**
- 6. FORWARD THROWING**

### **STATIC STRETCHING: WRIST/FOREARM**

- 1. HOLD ARM AT 45 DEGREES TOWARDS THE GROUND. **PALM UP**. WITH OPPOSITE HAND, PULL FINGER TIPS UP TOWARDS YOUR FACE, STRETCHING THE WRIST AND FOREARM. HOLD FOR :10-:20 SECONDS. REPEAT ON OPPOSITE ARM.**
- 2. HOLD ARM STRAIGHT OUT FROM YOUR BODY AT CHEST HEIGHT. **PALMS DOWN**. WITH OPPOSITE HAND, KEEP FINGERS STRAIGHT, PULL FINGER TIPS UP AND TOWARDS YOUR BODY, STRETCHING THE WRIST/ FOREARM. HOLD FOR :10-:20 SECONDS. REPEAT ON OPPOSITE ARM.**
- 3. HOLD ARM AT 45 DEGREES TOWARDS THE GROUND. **PALM DOWN**. PULL DOWN (SOFTLY) AT THE KNUCKLES TO STRETCH THE FOREARM. HOLD FOR :10-:20 SECONDS. REPEAT ON OPPOSITE ARM**

**NOW THE ARM IS PREPARED AND READY TO BEGIN A THROWING PROGRAM**

### **\*\*\*POST-THROWING: (FOR PITCHERS)**

**WE TAKE GOOD CARE OF OUR ARMS PRIOR TO THROWING AND A GOOD ARM CARE PROGRAM SHOULD INCLUDE A POST THROWING ROUTINE.**

**SOME IDEAS FOR POST THROWING FOR PITCHERS**

**BAND WORK - FOUR EXERCISES FOCUSING ON EXTERNAL ROTATION: ETERNAL FLIES, EXTERNAL ROATATION (HIP HEIGHT), EXTERANL ROTATION (SHOULDER HEIGHT), REVERSE THROWING MOTION.**

**REST/RECOVERY - PROPER REST/RECOVERY TO OPTIMIZE PERFORMANCE, BASED ON THROWING PLAN.**

## **THINGS TO CONSIDER:**

- ~ **PLAYER SAFETY AND HEALTH IS NUMBER 1!**
- ~ **THESE ARE GUIDELINES ONLY.**
- ~ **THE NEEDS OF INDIVIDUAL ATHLETES MAY VARY.**
- ~ **IF THE ATHLETE EXPERIENCES PAIN OR DISCOMFORT, STOP AND ASSESS.**
- ~ **FOCUS ON PROPER TECHNIQUE AND CONTROLLED MOVEMENT.**

**\*\*\*\*\*IF YOU ARE USING J BANDS, PLEASE REFER TO THE JAEGER SPORTS WEBSITE FOR MORE INFORMATION, PROPER USE AND CARE:**

**[HTTPS://WWW.JAEGERSPORTS.COM](https://www.jaegersports.com)**

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