

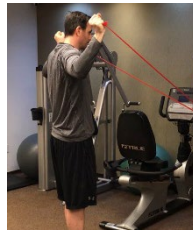
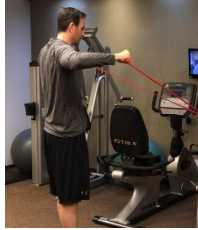
# BASEBALL ARM CARE EXERCISE PROGRAM

Introducing proper stretching and physical strength & conditioning are a critical part of athletic performance. However, the shoulder blade and the rotator cuff – both critical to baseball mechanics – are often neglected or misused. Below is a series of suggested exercises designed specifically to address this particular musculature – it is recommended to do two sets of 10 for each.

For more information, please reach out to **Billy Reilly (MSPT, CSCS and Downtown Little League Coach & Board Member)** at [breilly18@gmail.com](mailto:breilly18@gmail.com).



**Row:** With tubing/band fixed in front of the body, bring arms back while bending at the elbows. Squeeze shoulder blades together, pause and then slowly return to starting position. Do not let elbows extend beyond the level of the body when pulling the band back.

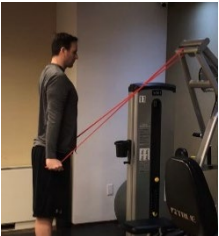
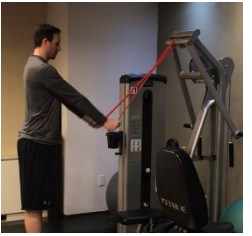


**Shoulder External Rotation at 90 degrees:** Stand with elbow at side and at shoulder height. Slowly rotate your arm back, pause and slowly return to starting position.



**W's Over Ball:** Bring arms back and rotate backwards with elbows bent. Squeeze shoulder blades together, pause and slowly return to starting position. Add small hand weight to this exercise as a progression.

**NOTE:** This can be done on a bench but the ball adds a degree of stability training.



**Shoulder Extension:** Bring arm back while keeping elbows straight. Pause and slowly return to starting position.



**Diagonal Lift:** With tubing/band fixed closer to the floor, start with both hands near side pocket, lift arms up and across the body. Slowly return to starting position.



**Y's Over Ball:** With thumbs pointed to sky, raise arms forward overhead while keeping elbows straight. Pause at the top, and slowly return to starting position. Add small hand weight to this exercise as a progression.

**NOTE:** This can be done on a bench but the ball adds a degree of stability training.

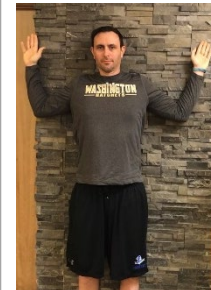


**Standing W's:** Bring arms back and rotate backwards with elbows bent. Squeeze shoulder blades together, pause and slowly return to starting position.



**T's Over Ball:** With thumbs pointed to sky, raise arms out to the side while keeping elbows straight. Pause at the top and slowly return to starting position. Add small hand weight to this exercise as a progression.

**NOTE:** This can be done on a bench but the ball adds a degree of stability training.



**Scap Slides:** Stand with back towards wall and arms up and out to the side/elbows at shoulder height. While maintaining contact of your hands, elbows and shoulder blades with the wall, slide arms up overhead. Then slowly lower arms to starting position.