

Arm Care Starts from the Ground Up

Throwing is a complex activity that requires energy to be transferred from the legs, through the trunk, and then to the shoulder and hand to complete the throw. About 1/3 of youth baseball players will experience shoulder or elbow pain during the season. Over 80% of the time these injuries can be traced back to poor throwing mechanics. That is why it is so important to properly train the muscles of the legs and core. And up to 75% of throwing velocity comes from the lower half so not only can these exercises keep the player on the field by preventing injuries, they can improve performance too!

Studies have shown that the stride leg (push off) is extremely important when initiating the forces needed for a proper throw. Lateral movements often work best in training the muscles needed for this.

A simple version of this is a walking lateral lunge:

Take a step to the side and bend your knee. Keep weight back through the hips and then push up and slide the trail leg to stand up. To make it more complex the trail leg would actually go behind when you step.



A single leg squat will work on balance and controlling those shifts that happen at the hip and knee:

Start with holding onto something if needed. Keep your weight back so the foot is flat, and the knee is not over the toes and focus on using the gluteals (buttock muscles) to avoid the knee turning in.

To help increase stability on the landing leg during follow through use the T reach:

Stand on one leg and reach with both (or the opposite arm to feel more like a throw) as you kick the other leg back to end in a T position.

