



# Asheville Physical Therapy

76 Peachtree Road, Suite 204, Asheville, 28803

Phone (828) 277-7547

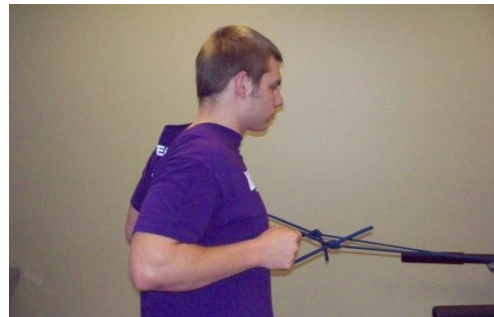
[www.ashevillephysicaltherapy.com](http://www.ashevillephysicaltherapy.com)

The following exercises are a great way to warm up your shoulder prior to throwing a baseball or softball. These exercises help to increase the blood flow and activate the muscles that are responsible for keeping your shoulder joint stable during throwing. **Perform 10-25 repetitions of each exercise with a light to moderate resistance before you participate in practice or games.**

Start



Finish



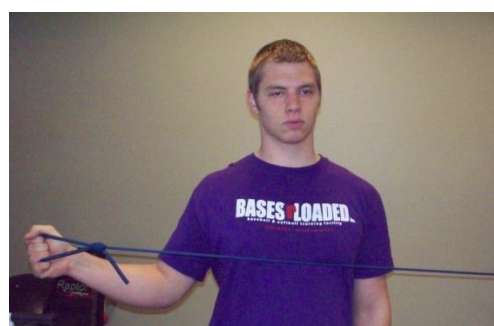
## **Low Row with tubing:**

Pull your elbows straight back, while keeping your arms by your sides. Squeeze your shoulder blades together at the end of the movement.

Start



Finish



## **Shoulder External Rotation with your arm by your side with tubing:**

Keep your elbow tight against your side and rotate your arm away from your body.

Start



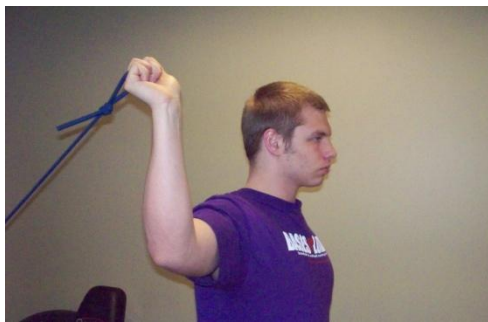
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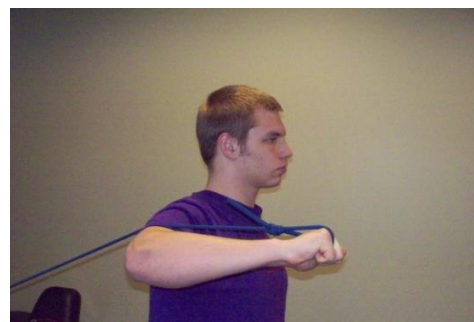
**Shoulder Internal Rotation with your arm by your side with tubing:**

Keep your elbow close to your side and pull the tubing towards your body.

Start



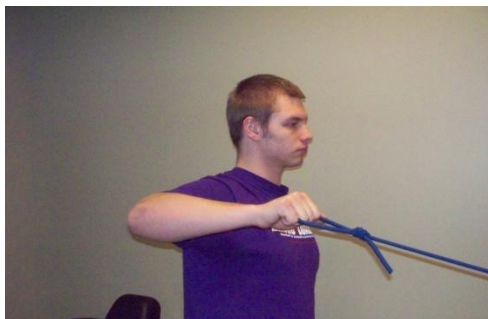
Finish



**Shoulder Internal Rotation with your arm in the throwing position with tubing:**

Rotate your arm forward while keeping your upper arm at a 90 degree angle from your body.

Start



Finish



**Shoulder External Rotation with your arm in the throwing position with tubing:**

Rotate your arm backwards while keeping your upper arm at a 90 degree angle from your body.

Many shoulder problems occur because of the development of tightness in the back part of the shoulder. **The following exercises should be performed after EVERY practice and game!**



**Sleeper Stretch:**

While lying on your side and with your elbow bent to 90 degrees, gently rotate your forearm down towards the floor. Hold for 20-30 seconds and repeat 4 times.



**Partner Horizontal Shoulder Adduction Stretch:**

Have a partner stabilize your shoulder blade with their hand so that your shoulder blade does not move outward during the stretch. Gently push your arm across the front of your body. You should feel the stretch in the back part of your shoulder (not across the front). Hold for 20-30 seconds and repeat 4 times.

**For more information on how to protect your shoulder or on how to improve your baseball or softball performance, contact physical therapist and sports performance trainer, Brian Lawler, at Asheville Physical Therapy. He can be reached at 828-277-7547 or at [brianlawler@juno.com](mailto:brianlawler@juno.com).**