

Sports Medicine: Adult Programs The Throwing Athlete Conditioning Program Applicable to Adult Baseball and Softball

Program prepares athletes for the demand of competitive throwing sports with intense preseason education, conditioning and exercise.

Program Objectives

- Improve rotator cuff and arm mechanics
- Strengthen throwing musculature (arm, shoulder and core)
- Increase athlete's knowledge of throwing biomechanics
- Improve upper and lower body dissociation

Program Focus

- Improve shoulder and arm biomechanics
- Train away bad throwing habits
- Train athlete in proper warm-up regimen
- Educate athlete on pre-injury warning signs
- Train athlete in performing continued conditioning program
- Body Core strengthening

Program Provides

- Pre and Post Video Analysis Testing of athlete's throwing technique
- Six one hour sessions over two weeks
- Home exercise program for "off day" training
- Warm-up program
- Education of key anatomical structures utilized in throwing

For more information contact:

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