

## **Sports Medicine: High School Programs The Throwing Athlete Conditioning Program**

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

### **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

### **Program Provides**

- Pre and Post Video Analysis Testing of athlete's throwing technique
- Two week, six session, preseason program for throwing musculature strengthening and stretching in addition to throwing
- 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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