

## **From the Dugout**

### *This Week's question.*

*Pat, As you saw the other day we have a number of boys who are struggling with arm soreness.*

*One of my pitchers has been throwing every day between outings. I think he said 60 pitches or so. I found the "Active Stretching" sheet in the coaches manual and I would like you to go over that and describe the drills on Monday Night if possible.*

*Any guidance on how many pitches a player should be throwing on off days and in what form?*

*What about physical arm care? Icing? Should they be icing arms every day?*

*Coach Mark Adams*

Great question Mark! There are so many different opinions on arm care that I think nobody knows for sure. At Messiah, we do two different types of arm care. One for position players called "Active Stretching" (addendum A) and one for pitchers called the "Jaeger Program" using the Jaeger JBands (addendum B).

But stretching isn't all that is needed. The throwing program goes hand in hand. We have studied and have tried all of the programs out there. I completely endorse the Jaeger Sports Throwing Program (Jaegersports.com). They have in season and out of season throwing programs with great explanation and backed by medical documentation. Please review at your convenience.

I also endorse the Jaeger Long toss program <https://www.youtube.com/watch?v=9w3xwYlx17s>. I think this is the best way to build arm strength and also to minimize risk of injury. One more thing. I played with several Latino players who never had a sore arm. And they use to tell me to throw every day and my arm will get used to the stress put on it by throwing a baseball. If you think about it – those coaches who can throw BP every day never have sore arms.

Ice – For pitchers, I think you should only ice immediately after throwing a decent amount of pitches in a game. I believe that varies by age, effort of pitches thrown and condition of arm. I have a reliever who made 25 appearances in 40 games and he never iced. His arm was conditioned to do it; and we set that up by throwing almost every practice. Any position player who has a sore arm should ice as well– but immediately after the game.

### **Addendum A**

## Active Stretching "Arm Care"

- I. Dynamic Stretching
  - a. Arm Circles – Forward and Reverse
  - b. Arm Flaps and Saws
  
- II. Tubing (2 sets X 10 reps)
  - a. Internal Rotation
  - b. External Rotation
  - c. Tricep Extension
  - d. Forward Flexion
  
- III. Weighted Ball (2 sets X 25 reps)
  - a. Clockwise Circles
  - b. Counter Clockwise Circles
  - c. Deceleration Rotations (only use a 5 lb weight)
  
- IV. Fungo / Stick Stretches (2 Sets X 10 sec. hold – Very LIGHT stretch)
  - a. Cross in Front, Left over Right & Switch
  - b. Tricep Stretch Down the Back
  - c. Throwing Arm Elbow Stretch Forward and Back
  - d. Shoulder Stretch Opposite Ear Behind Back