

## **Protocol T1 Stretching Program for Throwers**

This sport specific protocol is for throwing athletes, especially for baseball pitchers. The program may be done without the supervision of an athletic trainer.

The stretches should be done prior to each game or practice. Players should avoid throwing with a stiff shoulder before the stretching program has been completed.

### **CAPSULAR STRETCHES:**

- **Inferior capsular stretch:** Raise throwing arm overhead, elbow flexed, forearm placed behind your head. Reach up and grasp your throwing elbow with the opposite hand. Pull the elbow toward the midline until you feel a stretch in your throwing shoulder. Hold for 5 seconds, 10 repetitions.
- **Posterior capsular stretch:** Bring your throwing arm across your body out in front. Grasp your throwing elbow with the opposite hand. Pull the elbow inward toward the opposite shoulder until you feel a stretch in your throwing shoulder. Hold for 5 seconds, 10 repetitions.
- **Anterior capsular stretch:** Stand in an open doorway and grasp the door frame with both hands. Shoulders are abducted and externally rotated, arms outstretched with elbows extended. Step through the doorway slowly until you feel a stretch in the shoulders. Hold for 5 seconds, 10 repetitions.

### **PECTORALIS STRETCHES:**

- **Corner stretch:** Stand facing a corner. Bring arms upward and away from your body, shoulders abducted and externally rotated and elbows flexed 90 degrees. Rest your forearms on the adjacent walls. Gently lean forward into the corner until you feel a stretch in the shoulders. Hold for 5 seconds, 10 repetitions.
- **Pectoralis minor stretch:** Lie on your back on the training table. Raise your shoulders off the table and up toward the ceiling while a trainer positioned at the head of the table pushes downward on your shoulders. Then relax your shoulders while the trainer continues pushing downward for 5 seconds, 10 repetitions.

### **ARM AND FOREARM STRETCHES:**

- **Biceps stretch:** In seated position, let your throwing arm hang downward, elbow extended. Grasp the throwing wrist or forearm with the opposite hand. Try to raise the throwing arm upward against the resistance until you feel a stretch along the biceps. Hold for 5 seconds, 10 repetitions.
- **Forearm stretches:** In seated position, raise throwing arm out in front, elbow extended. Grasp throwing hand with opposite hand, extend wrist upward until you feel forearm flexor muscles stretch. Hold for 5 seconds. Then, flex wrist downward until you feel forearm extensor muscles stretch. Hold for 5 seconds. Alternate these two stretches for 10 repetitions.