

Jumping Rope / Fall Shoulder and Towel Drill Programs

September 7, 2010

No exercise functionally trains the shoulder better than jumping rope. NONE.

Now a [new study in volleyball players](#):

The Effects of Jump-Rope Training on Shoulder Isokinetic Strength in Adolescent Volleyball Players

found that [using a weighted jump rope](#) in 3 1-minute sets per day for 12 weeks **increased external rotation (ER) strength by 55%!**

Table 5 Shoulder Isokinetic Strength During ER and IR at 90° of Abduction at 60°/s, Mean ± SD, Median (Min–Max)

Group		PT IR, Nm/kg	PT ER, Nm/kg	TW IR, J	TW ER, J
Weighted rope	Pretraining	0.61 ± 0.14	0.21 ± 0.06	149 ± 34	45 ± 16
	Posttraining	0.68 (0.39–0.74)	0.21 (0.10–0.28)	136 (102–214)	40 (22–64)
		0.52 ± 0.11	0.30 ± 0.07	126 ± 28	70 ± 20

Why is this so important?

As I showed in [a previous newsletter](#), **external rotation weakness increased injury risk.**

Fall Shoulder Training Program

[Year-round throwing year is the #1 contributor to arm injury.](#) Increase strength and stability in the fall. DON'T THROW.

I've created 2 Fall Training Programs that will increase shoulder stability and efficiency:

Program #1 - [Click here for the program](#) / **Program #2** - [Click here for the program](#)

Towel Drill Fall Program

To help get a consistent throwing motion, I have created a 25-repetition towel drill program that should be done 3 times per week starting 6 weeks before tryouts.

[Click here for the Towel Drill Program](#)

When should you start throwing again? I recommend 1 month before tryouts, throwing 3 times per week (2 sessions of long toss, 1 bullpen session)

Have Questions About This Newsletter?

Call (631-352-7654) or email (PitchingDoc@msn.com) Dr. Arnold!

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