

## 5 Ways to Protect Your Throwing Arm in 2014

January 30, 2014

### #1: Weighted jump rope

- ✓ 3 1-minute sets per day for 12 weeks can increase external rotation strength by 55%:

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

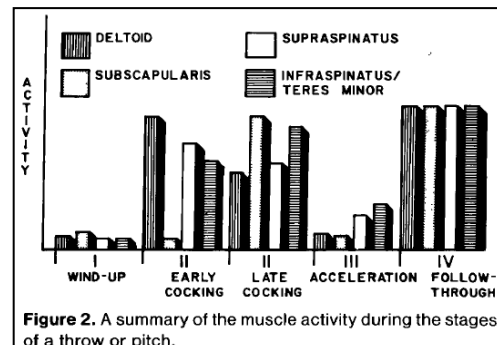
- ✓ **Why is this important?** Because [external rotation weakness is a risk factor for injury](#):

**Preseason Shoulder Strength Measurements in Professional Baseball Pitchers**

Identifying Players at Risk for Injury

### #2: Medicine Ball Deceleration Training

- ✓ [The most stressful part of the throw](#) is after ball release (see right picture)
- ✓ Using medicine balls can help strengthen your arm to better handle the follow-through.



### #3: Proper Long Toss

- ✓ National Pitching Association Recommendation → 120 feet
- ✓ Throwing > 180 feet does not increase velocity BUT [significantly increases arm stress](#):

**Biomechanical Comparison of Baseball Pitching and Long-Toss: Implications for Training and Rehabilitation**

- ✓ General Rule: Throw as far as you can on a line up to 180 feet.

## #4: Checking rotator cuff muscle strength

- ✓ A low strength ratio between external and internal rotator cuff muscles can increase injury risk by 39%:

**Preseason Shoulder Strength Measurements in Professional Baseball Pitchers**  
Identifying Players at Risk for Injury

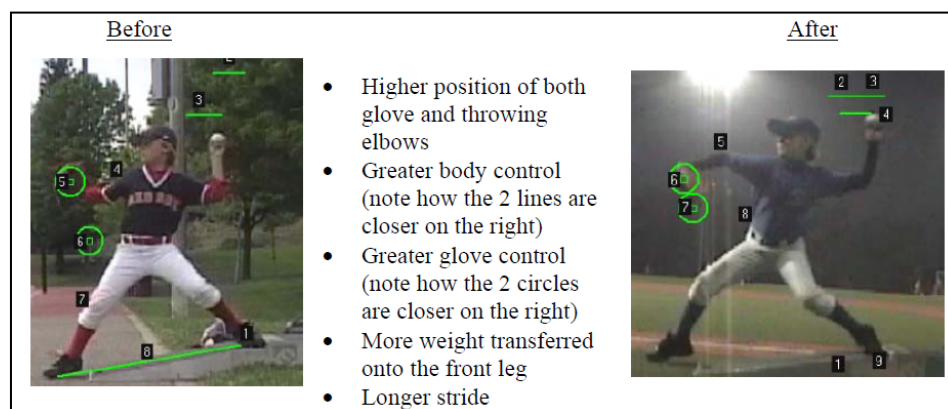
- ✓ This can be checked with muscle strength testing software:



## #5: Doing a Video Analysis

*“Several MLB baseball teams are proactive and get biomechanical analyses of their healthy pitchers to reduce their risk of injury, maximize their performance, and provide a baseline measurement they can use to compare in case injuries arise.”*

-Glen Fleisig, PhD  
American Sports Medicine Institute  
Research Director



Have a Question About This Newsletter?

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

©Copyright 2014 Complete Chiropractic Healthcare, Inc. All Rights Reserved. This content may be copied in full, with copyright, contact, creation and information intact, without specific permission, when used only in a not-for-profit format. If any other use is desired, permission in writing from Dr. Arnold is required.