

Active Recovery

Helping Prevent Arm Pain During the Season

July 22, 2017

The month of July sees 3 things occur:

1. An increase in games played
2. A decrease in team practices
3. A spike in instances of arm pain (in terms of what I see in my office)

Is this a coincidence? NO.

This increased game schedule decreases player activity off the field, namely their activity between games.

Doing less between games INCREASES arm problems!

As a result, it's crucial to understand the need for Active Recovery between games.

What is Active Recovery?

A very [popular training method for runners](#):

What's the Difference Between Rest and Active Recovery?

You need a little bit of both to help your body reap the benefits of hard workouts.

By [Jenny Hadfield \(/person/jenny-hadfield\)](#) WEDNESDAY, JULY 1, 2015, 4:46 PM

A rest day doesn't involve exercise at all. Think of these days like a good night of sleep. Plan to completely relax: sleep in, enjoy family time, or do light errands or housework.

An active recovery day, on the other hand, is more like a short nap: You're including activity—running or cross-training—at an easy to moderate intensity to get blood flowing to your muscles to help them recover. Do low- or no-impact activities like cycling, swimming, yoga, or strength training to complement the demands of your high-impact running workouts. Runners who run more than three days per week can use easy runs as active recovery, too.

Optimal recovery includes both complete rest and active recovery.

In 2004 I saw a friend of mine, the day after running the Chicago marathon, run for 20 minutes on the treadmill. When I asked him why was he on the treadmill the day after running 26.2 miles, he said "I need to get blood to my muscles to help with recovery."

Increasing blood flow increases BOTH nutrient delivery
AND waste removal to the affected area.

For pitchers, this means

- Clearing out lactic acid
- Repairing micro-tears in the muscles / ligaments / tendons

that occur from pitching/throwing in games.

How Does a Pitcher Participate In Active Recovery?

Active Recovery for pitchers means MORE throwing & conditioning between games, not less. In addition to throwing, other ways to increase blood flow include:

- Weighted jump rope
- Medicine ball deceleration training

This is ALL done at low intensity to increase blood flow (which leads to healing!).

Information on weighted jump rope and medicine ball training is in my video library ([click here to learn more](#)).

How do I know Active Recovery works? The most frequent comment I get from pitching students who do Active Recovery between games is "My arm doesn't hurt anymore."

Have Any Questions About This Newsletter?

Contact (631-352-7654 / PitchingDoc@msn.com) Dr. Arnold!