

## Off-Season Conditioning

Getting ready for next year

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## Offseason Conditioning Goals

- ✓ Get off the baseball field
  - ✓ Year-round baseball → #1 risk factor for injury
- ✓ Shoulder and elbow recovery
- ✓ Mental rest just as much as physical rest
- ✓ Increase overall strength
- ✓ Increase rotator cuff strength
- ✓ Get “Baseball Strong”

## Establish A Resting Timeline

- ✓ American Sports Medicine Institute guidelines
  - ✓ No pitching for 4 mos / No throwing for 2-3 mos
- ✓ Count back from when team practices begin to establish timeline
  - ✓ Starting in January?
    - ✓ No throwing Sept/Oct/Nov
      - ✓ No organized baseball activities in September
      - ✓ No hitting/pitching lessons
    - ✓ Baseball conditioning Oct/Nov/Dec
    - ✓ Throw 3x/week on flat ground in December
      - ✓ 30-throw long toss

## Offseason Training Focus Points

- ✓ Get your shoulder strength ratio tested
  - ✓ Measures front vs back shoulder strength
  - ✓ Balanced shoulder strength → 1.0 strength ratio
  - ✓ Weak shoulder → < 1.0 → poor deceleration ability
  - ✓ Strong shoulder → > 1.0 → good deceleration ability
- ✓ Shoulder flexibility
  - ✓ Compare to non-throwing shoulder
  - ✓ Identify any possible shoulder tightness



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## Sample Offseason Conditioning Schedule

- ✓ 3 days/week with 1 day rest between workouts
  - ✓ 2 minutes weighted jump rope (~300 jumps)
  - ✓ Medicine ball deceleration program (2-knee / Step-Behind)
  - ✓ 2 minutes weighted jump rope
- ✓ 1-2 days/week with 1 day rest between workouts
  - ✓ Sprint workout
  - ✓ Weight room (see PowerPoint presentation)
- ✓ 1 day/week with 1 rest between workouts
  - ✓ 2 minutes weighted jump rope
  - ✓ 20-minute endurance run

## Medicine Ball Deceleration Training

- ✓ See PP presentation in ‘Conditioning’ Section for specifics
- ✓ Trains the posterior shoulder to improve ability of shoulder to decelerate after ball release

*“The throwing arm will only accelerate  
as fast as it can decelerate.”*

-Tom House, PhD  
Founder – National Pitching Association

### Sprint Workout

- ✓ More important than endurance running
  - ✓ Pitching motion is ~1.3 seconds
  - ✓ Must train to explode quickly and recover for the next pitch
- ✓ 20 sprints
  - ✓ Walk back to start, allow heart rate to come down
    - ✓ Similar to recovering between pitches
- ✓ Keep to 90 feet (30 yards)
  - ✓ Most sprinting injuries occur after 30 yards

### Long Toss

- ✓ See PP presentations in
  - ✓ 'Conditioning' Section for specifics
  - ✓ 'Throwing Drills' for Step-Behind and Crossover drills
- ✓ Nat Pitching Assoc Rule:  
Long toss distance = double current pitching distance  
(Pitch at 51 feet? Long Toss at 102 feet)
- ✓ Maximum distance = 180 feet
- ✓ 30 mechanically correct throws → last 10 throws being full intensity

Thank You!



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