

The MOST Important Thing You Should Be Doing For Your Arm Right Now

February 2, 2017

As we head into February, many baseball players are still NOT doing the one thing that can be instrumental to minimizing their injury risk once regular practices begin...THROWING!

A [great article in the NY Daily News from January 25th](#) talks about pitching injuries when pitchers throw at 100% effort, especially in the Mets rotation:

Rick Peterson thinks he has the fix for Mets' pitching injuries



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and Rick Peterson cites the MOST important aspect of minimizing arm injury: TIMING:

“When the timing is off, that’s when a pitcher is at risk of injury,” Peterson said. “Think about it this way: there’s a point in time when the arm is fully externally rotated, and the next moment is when you begin the acceleration phase with your arm... So when you talk about maxing out for an entire game, your timing is going to be off on multiple different pitches, and that’s where the injury factor comes in... Pitchers today, to their credit, are strong enough and conditioned enough that they can pitch with the gas pedal down to the floor for the whole game, but the risk is in the timing.”

I have talked about the need to perfect your timing through consistent throwing as a way to minimize injury risk since 2014:

[5 Ways to Protect Your Arm in 2014 \(February 3, 2014\)](#)

[The MOST Important Thing to Do Between Pitching Starts \(July 4, 2014\)](#)

[The Crow-Hope: Making Flat-Ground Throwing Safe for Pitchers \(April 7, 2015\)](#)

[The More-Less Approach for Pitchers to Stay Healthy \(October 22, 2015\)](#)

[STOP Thinking Long Toss Is About Building Arm Strength \(April 22, 2016\)](#)

Timing is the same reason players hit several days per week all season long: to perfect the timing of transferring energy from their legs into their hands.

Including the day you pitch, you should be throwing 5 days per week, with the 2 days you should try to avoid throwing is the day before and the day after your starts.

I talk extensively about this in [my video library](#) that you can [purchase a 1-year subscription to here](#).

If better timing will help this wonderful young set of arms stay healthy:



It will help you!!!!

Have Questions About This Newsletter?
Contact (PitchingDoc@msn.com / 631-352-7654) Dr. Arnold!