

# Patriots Baseball Throwing Program



**Activity:** Forward Raise

**Description:** Stand with arms at the sides and palms facing back. Keeping your arms straight, slowly raise your hands forward to shoulder height with palms down.



**Activity:** Lateral Raise

**Description:** Stand with your arms at the sides and palms toward the body. Keeping your arms straight and palms down, slowly raise your hands to shoulder height.



**Activity:** Shrug

**Description:** Stand with your arms at your sides and palms toward the body. Keeping your arms straight, slowly raise (shrug) the shoulders to about ear level.



**Activity:** Internal Rotation

**Description:** Flex (bend) your right elbow to 90 degrees and hold your elbow against your right side. Keeping your elbow against your side, slowly lower (externally rotate) your arm and away from your side as far as you can. Pause and bring it back across the chest.



**Activity:** External Rotation

**Description:** Bend the elbow of the top arm to 90 degrees and let your forearm and hand rest across your stomach. Keeping your elbow against your side rotate your forearms outward until the thumb is pointing up, then slowly raise (externally rotate) the forearm until the hand is straight up in the air.



**Activity:** Upward Rotation

**Description:** Flex your knees slightly and bend forward at the waist until your chest is parallel to the floor. Pull your elbows back until your upper arms are even with your back. Bend your elbows and let your hands hang straight toward the ground with palms facing each other and thumbs up. Slowly raise both hands straight up (upward rotation).

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## Baseball



### Activity: Wrist Flexion

**Description:** Sit with your forearms resting on a bench, palms up, and elbows about six inches apart. Hold a bar or a DB. Slowly flex your wrist and curl the bar or DB.



### Activity: Wrist Extension

**Description:** Sit with your forearms resting on a bench, palms down and elbows about six inches apart. Hold a bar or DB with your wrists and fingers flexed. Slowly extend your wrists. Because you have less muscle mass in your wrist extensors



### Activity: Wrist Twist

**Description:** Sit with your elbow against your knee holding one end of DB or hammer in your hand so that it is pointing straight up. Rotate the forearm as far as you can in one direction. Hold this position and then slowly rotate it in the other direction.



### Activity: Empty the Can

**Description:** Keeping your arms straight, slowly raise your hands forward and slightly out to the sides, as if pouring water out of a can.



### Activity: Scapular Dip

**Description:** - Do this exercise either on a dip bar or off the edge of a bench. Use your scapula, not your triceps. From a normal dip position, with your chest up and elbows straight, lower your body toward the floor. Don't lean forward. Pause and then raise your body upward by pushing toward the floor.

**Your dip is only about 6 inches**, you are not to dip to the floor, it is a very short movement.

<i>Patriots Baseball</i>	<b>Throwing Program</b>
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	<p><b>Activity:</b> Cord or Dumb Bell Serratus Punch <b>Description:</b> While Standing, have cord stretched behind you, alternate left and right with punching action. Can use DB in place of cord.</p>
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	<p><b>Activity:</b> Standing Cable Overhead Y Reaches <b>Description:</b> Can be done with cord or dumb bell. Start in squat position and extend over head into a "Y" and return to squat position.</p>
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