

Stretches for Throwing Sports - Baseball, Field Events, Etc.

Stretching exercises should only be performed after a thorough warm up is conducted. A thorough warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in-turn increases the delivery of oxygen and nutrients to the working muscles. A thorough warm up should consist of light physical activity for about 10 minutes and result in a light sweat. **Download**
"Warm-up/Cool-down Routine."

Perform each stretch gently and slowly and avoid any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while performing each stretch.

After reading the description and viewing the accompanying picture move your body into the stretch position and hold each stretch for 20 to 30 seconds. Relax for 10 to 15 seconds between each stretch and perform each stretch 2 to 3 times.

Stretch #1, Arm-up Rotator Stretch is for the muscles of the Shoulders

Stand with your arm out and your forearm pointing upwards at 90 degrees . Place a broom stick in your hand and behind your elbow. With your other hand pull the bottom of the broom stick forward.



Stretch #2, Standing Lean-back Side Stomach Stretch is for the muscles of the Stomach

Stand upright with your feet shoulder width apart and place one hand of your buttocks. Look up and slowly lean backwards at the waist, then reach over with your opposite hand and rotate at the waist.

Stretch #3, Elbow-out Rotator Stretch is for the muscles of the Shoulders

Stand with your hand behind the middle of your back and your elbow pointing out. Reach over with your other hand and gently pull your elbow forward



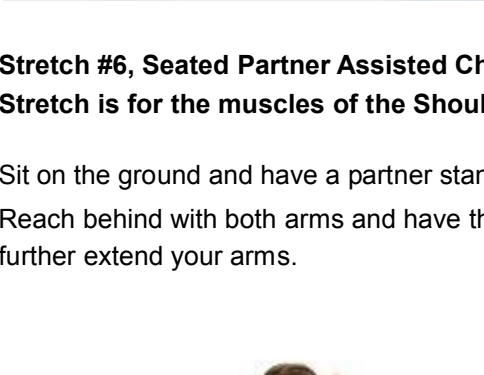
Stretch #4, Reaching-up Shoulder Stretch is for the muscles of the Shoulders

Place one hand behind your back and then reach up between your shoulder blades.



Stretch #5, Kneeling Chest Stretch is for the muscles of the Shoulders

Kneel on the floor in front of a chair or table and interlock your forearms above your head. Place your arms on the object and lower your upper body toward the ground.



Stretch #6, Seated Partner Assisted Chest Stretch is for the muscles of the Shoulders

Sit on the ground and have a partner stand behind you. Reach behind with both arms and have the partner further extend your arms.



Stretch #7, Assisted Reverse Shoulder Stretch is for the muscles of the Shoulders

Stand upright with your back towards a table or bench and place your hands on the edge of the table or bench. Keep your arms straight and slowly lower your entire body .

Stretch #8, Rotating Stomach Stretch is for the muscles of the Stomach

Lie face down and bring your hands close to your shoulders. Keep your hips on the ground, look forward and raise up by straightening your arms. Then slowly bend one arm and rotate



Stretch #9 Lying Leg Cross-over Stretch is for the muscles of the Lower Back

Lie on your back and cross one leg over the other. Keep your arms out to the side and both legs straight. Let your back and hips rotate with your leg.



Stretch #10, Kneeling Back Rotation Stretch, is for the muscles of the Lower Back

Kneel on the ground and raise one arm. Then rotate your shoulders and middle back while looking upwards.

Stretch #11, Bent-over Chest Stretch is for the muscles of the Shoulders

Face a wall and place both hands on the wall just above your head. Slowly lower your shoulders as if moving your chin towards the ground



Stretch #12 , Assisted Triceps Stretch is for the muscles of the Upper Arms

Stand with your hand behind your neck and your elbow pointing upwards . Then use your other hand to pull your elbow down.

Stretch #13, Parallel Arm Chest Stretch is for the muscles of the Chest

Stand with your arm extended to the rear and parallel to the ground. Hold on to an immovable object and then turn your shoulders and body away from your outstretched arm.



Stretch #14, Standing Reach-up Back Rotation Stretch is for the muscles of the Lower Back

Stand with your feet shoulder width apart. Place your hands above your head while keeping your back and shoulders upright. Slowly rotate your back and shoulders to one side.



Stretch #15, Reaching Lateral Side Stretch is for the muscles of the Sides

Stand with your feet shoulder width apart, then slowly bend to the left or right and reach over the top of your head with your hand. Do not bend forward .

Stretch #16, Parallel Arm Shoulder Stretch is for the muscles of the Shoulders

Stand upright and place one arm across your body . Keep your arm parallel to the ground and pull your elbow towards your opposite shoulder.



Stretch #17, Lying Knee Roll-over Stretch is for the muscles of the Lower Back

While lying on your back, bend your knees and let them fall to one side. Keep your arms out to the side and let your back and hips rotate with your knees .