



### **Abbreviated Dynamic Warm-Up for Baseball and Softball**

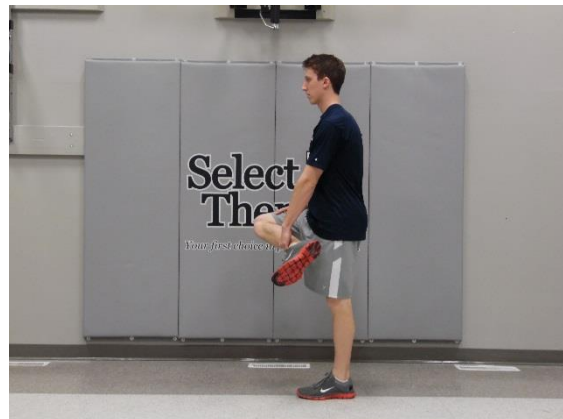
The abbreviated dynamic warm-up prepares the body for throwing prior to activity. It is intended to be completed in a shorter period than the full dynamic warm-up. For the full dynamic warm-up please contact Select Therapy

-Begin with a light jog for a few minutes to raise the heart rate and prepare the body for activity

#### **Walking Lower Extremity and Trunk Warm-Up:**

-All walking activities to be completed as you are moving (50-100 ft per activity), see pictures and instructions for each activity.

- High knee lift with twist – pull knee up, then pull foot up allowing leg to twist out



- Pull foot to rear with forward toe-touch



- Reverse lunge with trunk twist



Shoulder Warm-Up:

- Abduction: lift arms up to the side, rotate thumb down as you lift up – x10



- Horizontal abduction: starting with hands pointed straight ahead and thumbs down, move arms out to the side while rotating thumbs up – x10



- Shoulder circles – small and big, forward and backward x10 ea.

### Static Stretch:

-All stretches to be held 30 seconds. Complete 2 repetitions per side.

- Cross body shoulder stretch – pull arm straight across chest



- Tricep stretch overhead – arm up, hand behind head, pull elbow back



### Throwing Warm-Up

Prior to all throwing sessions the athlete should complete a brief warm up of the throwing motion components. Drills should be completed with a 4-seam grip.

- Wrist throws with arm elevated (elbow supported)
  - Isolate the wrist, the ball should be spinning straight back
  - Ball loose in the hand, should come off of the finger tips
  - Short distances: 5 ft



- Elbow throws with arm elevated (no motion at shoulder)
  - Only the elbow and wrist (think throwing darts)
  - Spin ball straight back
  - 10 ft



- Trunk rotation throws
  - Keep feet square to target, knees slightly bent
  - Rotate trunk towards throwing arm side to line up shoulders with target, pause
  - Use trunk rotation back to glove side to generate velocity
  - Arm comes through smooth and controlled
  - Focus on transferring energy through the trunk



- Light throws starting at 30 feet and progressing to specified distance for that throwing session

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