

Suggested Conditioning Equipment for Pitchers

A great exercise device for pitchers can be made at home. A wrist roller can be made from three common materials found in nearly every home. You will need a short 12" piece of heavy-duty broom handle or aluminium tubing. You will need about 36" of "ski" rope and a 10 pound weight.

Drill a hole in the tube or handle. Connect the rope to it. Connect the other end of the rope to the weight.

To exercise, the player holds the arms straight out in front of the body. The player rolls or winds the weight up to the handle by twisting or turning the handle. This device will develop increased strength in wrists, forearms and hands.

Workout Weight - A discarded plastic tennis ball container makes an excellent pitcher's exercise weight. Fill the can with sand or cement. Tape the top on. Then wrap the can over and over with tape. Athletic tape or duck tape works fine. This device is great for warm-up drills and light-weight exercises.

Tubular Exerciser - One of the best exercise devices can be made from surgical tubing that is available at most medical supply stores. Cut the tube in a 6' length. Tie a loop at both ends. Tape over the loop knots with tape to make sure that they do not come loose.

Warm-up & Stretching

The aims of stretching are to gently lengthen muscles before and after any form of exercise, and to improve tissue elasticity / flexibility. If done correctly, stretching will help prevent injuries and increase athletic performance.

WHY Warm-up?

To increase heat throughout the body

To reduce risk of tearing or straining muscles by increasing their suppleness

HOW Warm-up?

2-3 minute jog, to raise a light sweat (complete before stretching)

WHY Stretch?

To increase flexibility and freedom of movement

To reduce muscle tension

To reduce the risk of muscle and tendon injuries

HOW Stretch?

hold stretch for 10-30sec - DO NOT BOUNCE

repeat each stretch 2-3 times

stretch gently and slowly, keep breathing

stretch to the point of tension - NEVER PAIN

select the major muscle groups used in your sport and stretch them through their full range of movement

This should take around 10-15 minutes.

1) Back of the Neck

Starting at your neck bend your head forward so your chin is on your chest. This will stretch the back of your neck. Do this a few times and rest about 5 seconds in between.

Hold each one about 10-15 Seconds.

2) Side of the Neck

Keep your shoulders level then bend your neck with your ear going to your shoulder. Do not shrug your shoulder up to meet your ear. Do each side a few times.

Hold each one about 10-15 Seconds.

3) Shoulder

This one is very beneficial for pitchers. But should be used for all players. Move your arm across your chest and with the other arm grab the elbow and pull the arm so you feel the muscle stretching in the shoulder. Do this a few times and rest about 5 seconds in between.

Hold each one about 10-15 Seconds.

4) Tricep

Reach back like you have to scratch your back right below your neck. With the other hand reach around the back of your head and grab your elbow and pull down on the elbow. Do this a few times and rest about 5 seconds in between.

Hold each one about 10-15 Seconds.

5) Waist

Stand Straight up and bend at the waist sideways and run your hand down your thigh towards your knee. Make sure not to bend forward at all this would not stretch your waist. Do this a few times and rest about 5 seconds in between.

Hold each one about 10-15 Seconds.

6) Groin

Take a big step forward then lean towards the front foot. Leaving the back leg at a angle. Rest your forearms on the front leg that is bent. Do this alternating legs a couple of times each. Do this a few times and rest about 5 seconds in between.

Hold each one about 10-15 Seconds.

7) Groin

The reason for 2 groin stretches is that it is one of the easiest places to hurt. This stretch can be done by sitting down and putting the sole of each foot together Do this a few times and rest about 5 seconds in between.

Hold each one about 10-15 Seconds.

8) Hamstring

There is 3 different positions for this stretch. First on you reach down and touch the ground in front of you. the 2nd you reach and touch the ground between your feet. The 3rd you reach a little further back between your legs behind you. Do all 3 positions twice and rest about 5 seconds in between.

Hold each one about 10-15 Seconds.

9) Thigh

Stand straight bend your leg back so you can reach back and grab your foot. This requires some balancing.

Alternate legs. Do this a few times and rest about 5 seconds in between.

Hold each one about 10-15 Seconds.

10) Leg and lower back

This will stretch your lower back and your some leg muscles. Sit down put one leg straight out and the other leg should be bent in towards the out stretched leg. Take the opposite hand from the out stretched leg and touch your toes. Do this a few times and rest about 5 seconds in between.

Hold each one about 10-15 Seconds.