

Pitcher's Warm Up Program

Before you even pick up a baseball, you need to warm up the body to get it ready to throw. We should be warming up the body to throw, not throwing to warm up. A proper warm up will loosen the muscles and lubricate the joints allowing for greater extension with less strain. A proper warm up should include three phases, low stress cardiovascular exercise, stretching exercises for the whole body, and throwing exercises.

PHASE ONE: Low Stress Cardiovascular Work.

Aerobic activity can include jogging, wind sprints, and calisthenics. You want to make sure that you develop a light sweat which typically will require about 10 minutes of cardio activity. The running will increase blood flow thru the cardiovascular system which will warm our muscles and make them more flexible when we move on to our stretching.

PHASE TWO: STRETCHING

It is important to stretch all of the major muscle groups, not just the throwing arm. Start with the legs, stretch the calves, hamstrings, quadriceps and hip flexors. The trunk or core area should be next, perform trunk twists, trunk circles, and lateral bends. Arms and shoulders can be stretched by doing arm circles, posterior shoulder stretching, biceps stretches, and overhead stretching. You need to hold all stretches for 20-30 seconds and perform 5-10 repetitions of each stretch.

PHASE THREE: THROWING EXERCISES

- Start at a distance of 40 feet with 20 throws
- Move to 60 feet and perform 10 throws
- Move to 90 feet and perform 10 throws
- Move to 120 feet and perform 5 throws

This phase is to be performed on flat ground. Once you have completed all three phases, you can throw off of the mound and begin game preparations.



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