

## JOHNSON AND HAYES INJURY PREVENTION EXERCISES FOR BASEBALL

### FLEXIBILITY

DYSFUNCTION	EXERCISE	SETS	REPS	DESCRIPTION	VIDEO LINK
1	PRAYER STRETCH	10	5 Seconds	KNEELING ON HANDS AND KNEES. LET YOUR HIPS SINK BACK TO YOUR FEET. STRETCH YOUR ARMS OUT AS FAR IN FRONT OF YOU AS YOU CAN.	<a href="#">WATCH VIDEO</a>
2	POST CUFF FOAM ROLL	2	1 Minute	LYING ON YOUR SIDE WITH YOUR ARM OVER YOUR HEAD. PLACE A FOAM ROLLER OR A TENNIS BALL UNDER YOUR ARM AND ROLL BACK AND FORTH. SEE VIDEO.	<a href="#">WATCH VIDEO</a>
2	ER SLEEPER STRETCH	10	5 Seconds	WHILE LYING ON YOUR THROWING SIDE LET YOUR ELBOW STAY AT SHOULDER HEIGHT BUT LET YOUR HAND DROP DOWN TOWARDS YOUR EAR. SEE VIDEO.	<a href="#">WATCH VIDEO</a>
3	POSTERIOR CAPSULE STRETCH	3	30 Second Holds	LYING ON YOUR BACK PLACE YOUR THROWING ARM STRAIGHT IN FRONT OF YOU AND GRAB BEHIND YOUR THROWING ELBOW AND PULL THE ARM DIRECTLY ACROSS YOUR CHEST.	<a href="#">WATCH VIDEO</a>
3	SLEEPER STRETCH	3	30 Second Holds	LYING ON YOUR SIDE. PLACE YOUR ARM SO YOUR ELBOW IS EVEN WITH YOUR SHOULDER. GRAB YOUR THROWING WRIST AND PULL IT DOWN TO THE TABLE/GROUND.	<a href="#">WATCH VIDEO</a>
4	SINGLE KNEE TO CHEST STRETCH	3	30 Second Hold	LYING ON YOUR BACK GRAB BEHIND ONE LEG AND PULL TOWARDS YOUR CHEST LETTING YOUR KNEE DROP SLIGHTY OFF THE SIDE.	<a href="#">WATCH VIDEO</a>

## FLEXIBILITY

DYSFUNCTION	EXERCISE	SETS	REPS	DESCRIPTION	VIDEO LINK
5	PIRIFORMIS STRETCH	3	30 Second Hold	LYING ON YOUR BACK GRAB BEHIND ONE KNEE AND PULL THAT KNEE ACROSS YOUR CHEST TO THE OPPOSITE SHOULDER.	<a href="#">WATCH VIDEO</a>
5	FIGURE 4 STRETCH	3	30 Second Hold	LYING ON YOUR BACK GRAB BEHIND ONE KNEE AND LOWER LEG. PULL THAT ANKLE UP TOWARDS YOUR CHEST WHILE PULLING YOUR KNEE STRAIGHT TOWARDS YOUR CHEST.	<a href="#">WATCH VIDEO</a>
6	FROG STRETCH	3	30 Second Hold	SEE VIDEO	<a href="#">WATCH VIDEO</a>
7	OPEN BOOK ROTATION	10	5 Second Hold	LYING ON ONE SIDE REACH YOUR ARMS OUT IN FRONT OF YOU. KEEP YOUR LOWER ARM ON THE GROUND WHILE ROTATING YOUR TRUNK AND YOUR TOP ARM BACKWARDS TRYING TO TOUCH YOUR OPPOSITE SHOULDER BLADE TO THE GROUND.	<a href="#">WATCH VIDEO</a>
7	KNEELING OPEN BOOK ROTATION	10	5 Second Hold	KNEELING NEXT TO A WALL REACH BOTH HANDS OUT IN FRONT YOU PARALLEL TO THE WALL. KEEP YOUR ARM THAT IS CLOSEST TO THE WALL WHILE ROTATING YOUR TRUNK AND OPPOSITE ARM TOWARDS THE WALL BEHIND YOU.	<a href="#">WATCH VIDEO</a>
8	LOW TRUNK ROTATION	10	5 Second Hold	LYING ON YOUR BACK. KEEP YOUR KNEES BENT WITH YOUR BACK FLAT ON THE MAT. THEN LET YOUR KNEES ROTATE BACK AND FORTH.	<a href="#">WATCH VIDEO</a>
8	HIGH TRUNK ROTATION	10	5 Second Hold	LYING ON YOUR BACK PICK ONE LEG UP WITH YOUR KNEE BENT. GRAB BEHIND YOUR KNEE AND PULL THAT KNEE OVER YOUR BODY.	<a href="#">WATCH VIDEO</a>