

JOHNSON AND HAYES INJURY PREVENTION EXERCISES FOR BASEBALL

STRENGTHENING EXERCISES

DYSFUNCTION	EXERCISE	SETS	REPS	DESCRIPTION	VIDEO LINK
1	DUMB BELL FLEXION	2	10	STANDING WHILE HOLDING DUMB BELLS LIFT THE WEIGHTS UP TO SHOULDER HEIGHT WHILE KEEPING YOUR ELBOWS STRAIGHT.	WATCH VIDEO
1	T-BAND SHOULDER FLEXION	2	10	STANDING WHILE HOLDING THERA-BAND IN YOUR HAND KEEP YOUR ELBOW STRAIGHT AND PULL THE BAND UP INTO THE AIR TO SHOULDER HEIGHT.	WATCH VIDEO
2	SIDELYING BALL DROP	2	30 Seconds	LYING ON YOUR NON THROWING SIDE WHILE HOLDING A BASEBALL IN YOUR THROWING HAND. QUICKLY DROP AND CATCH THE BASEBALL WITHOUT LETTING THE BASEBALL TOUCH THE GROUND.	WATCH VIDEO
2	SIDELYING BALL TOSS	2	30 Seconds	LYING ON YOUR NON THROWING SIDE WHILE HOLDING A BASEBALL IN YOUR THROWING HAND. HOLD THE BASEBALL CLOSE TO YOUR STOMACH AND THEN TOSS THE BASEBALL BEHIND YOU WHILE KEEPING YOUR ELBOW CLOSE TO YOUR SIDE.	WATCH VIDEO
2	PRONE EXTERNAL ROTATION	3	10	LYING ON YOUR STOMACH WITH YOUR ARM HANGING OFF A SURFACE. KEEP YOUR THROWING ELBOW BENT TO 90 DEGREES WITH YOUR HAND POINTING TOWARDS THE FLOOR. USING YOUR SHOULDER ROTATE YOUR HAND UP TOWARDS YOUR EAR WITHOUT MOVING YOUR ELBOW.	WATCH VIDEO
3	90 / 90 IR T-BAND	3	10	STANDING WITH YOUR THROWING ARM UP IN THE AIR WITH YOUR HAND BESIDE YOUR EAR. HOLD SOME THERA-BND AND ROTATE YOUR ARM BACK AND FORTH AGAINST THE RESISTANCE.	WATCH VIDEO

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DYSFUNCTION	EXERCISE	SETS	REPS	DESCRIPTION	VIDEO LINK
3	IR NEUTRAL T-BAND	3	10	STANDING WITH YOUR THROWING ELBOW NEXT TO YOUR SIDE START WITH YOUR HAND STRAIGHT IN FRONT OF YOU WHILE HOLDING SOME THERA-BAND. PULL YOUR HAND TOWARDS YOUR STOMACH. REPEAT.	WATCH VIDEO
4	Dumbbell Abduction	3	10	STANDING WHILE HOLDING A DUMBBELL IN YOUR HAND KEEP YOUR HAND OUT TO THE SIDE, RAISE YOUR ARM UP TO SHOULDER HEIGHT.	WATCH VIDEO
5	SEATED HIP FLEXION	3	30 Seconds	TIE A THERABAND AROUND YOUR FOOT AND ATTACH IT TO A CHAIR. FLEX YOUR HIP UP TOWARDS YOU AND LOWER BACK DOWN TO THE GROUND.	WATCH VIDEO
6	PRONE HIP ROTATION	2	30 Seconds	TIE THERABAND AROUND YOUR ANKLES. WHILE LYING ON YOUR STOMACH KEEP YOUR KNEES TOGETHER AND PULL ONE ANKLE ACROSS THE OPPOSITE LEG.	WATCH VIDEO
6	SEATED HIP ROTATION	3	10	TIE THERABAND AROUND YOUR ANKLES. WHILE SITTING ROTATE YOUR LEG TILL THE ANKLE CROSSES THE OTHER ANKLE.	WATCH VIDEO
7	PRONE HIP ROTATION	3	10	TIE THERABAND AROUND YOUR ANKLES. WHILE LYING ON YOUR STOMACH KEEP YOUR KNEES TOGETHER AND PULL YOUR ANKLES AWAY FROM EACH OTHER.	WATCH VIDEO
7	SEATED HIP ROTATION	3	10	TIE THERABAND AROUND YOUR ANKLES. WHILE SITTING ROTATE YOUR ANKLES AWAY FROM EACH OTHER.	WATCH VIDEO
8	LATERAL BAND WALKS	3	20 Steps	TIE THERABAND AROUND YOUR ANKLES. WHILE STANDING KEEP YOUR LEGS STRAIGHT AND TAKE A STEP TO THE SIDE.	WATCH VIDEO