

### Arm Circles

A set of arm circles is the first exercise that is done to warm up the smaller muscles in the shoulder so that the subsequent surgical tubing exercises can be maximized. Arm Circles will also build up flexibility, balance, strength and stamina in the rotator cuff muscle group (supraspinatus, infraspinatus, teres minor, subscapularis) independent of the surgical tubing exercises.

Palms down – clockwise and counterclockwise rotation

Palms up – clockwise and counterclockwise rotation

Palms in - clockwise and counterclockwise rotation

Palms back – clockwise and counterclockwise rotation

### Notes:

- Warms and oxygenates the shoulder (like any other muscle)
- Provides good flexibility and range of motion and strengthens the smaller, weaker rotator cuff muscles by isolating them (the most vulnerable part of the shoulder)
- Provides muscle balance
- Creates endurance
- Promotes better recovery period
- Prepares arm for surgical tubing exercises

Baseball tubing exercises can reduce overuse injuries to soft tissues in throwers. These exercises utilize resistance tubing that can be affixed anywhere on the baseball field. Resistance tubing serves as proper warm-up, and provides stabilization and increased coordination of the shoulder complex. Tubing exercises can be easily done in 10 minutes, with 30 repetitions of each exercise.

### Shoulder Extension

Attach a 2-foot-long resistance tube high on a pole or fence. Stand facing the fence or pole with arms at the side. The end of the tube should be at fingertip level. Grab the tube with one hand, arm straight and thumb facing up. Starting position is with the arm at shoulder level parallel to the ground. Move the arm straight down backwards until tension is felt. Repeat 30 times and switch arms.

### Shoulder Flexion

Turn and face away from the fence or pole, and grab the tube with one hand. Begin with the arm straight at the side and thumb facing up; pull the tube until the arm is at shoulder height. Repeat 30 times and switch arms.

### Throwing Acceleration

Face away from the fence or pole and grab the tube with one hand. Place the arm in an overhead position, like that in a throwing motion. Begin by pulling the tubing down and across the body to the opposite hip, then return to the starting position. Repeat 30 times and switch arms.

### Throwing Deceleration

Lower the tubing on the pole until the end of the tubing reaches the fingertips. Face the fence or pole and hold the tubing with one hand. The starting position is with the hand approximately six to 12 inches in front of the belly button, with elbow slightly bent. Begin pulling the tubing backward as if doing a reverse throwing motion. The arm should not go past the head. Pull until resistance is felt, then return to the starting position. Repeat 30 times and switch arms.

### Low Rows

With tubing remaining in the low position, face the pole or fence with the arm straight and thumb up, and grab hold of the tubing. Start by pulling back with the arms on the tubing; imagine squeezing the shoulder blades together. Return to the start position, repeat 30 times and switch arms.

### External Rotation

Move the tubing until it is at elbow height, and rest the arms by your side. Face the pole or fence and grasp the tube with one hand. Raise the arm away from the side of the body to shoulder height and bend the elbow 90 degrees. The arm should be parallel to the ground. Keep the upper arm at shoulder level and rotate at the shoulder by pulling backwards on the band until resistance is felt. Return to the starting position. Repeat 30 times and switch arms.

### Scapular Punches

Facing away from the fence or pole, grab onto the tubing with one hand and with the thumb up. Starting position is with the hand at chest level and elbow fully bent. Begin to mimic a punching motion until the arm is fully straight, and then slowly return the elbow to a fully bent position. Repeat 30 times and switch arms.