

NOTICE: Players, this document is to serve as a *guide* of which to get you oriented and started exercising, targeting typically problem areas in the older ballplayer. Be aware that this is not medical advice, and if you are in pain prior to or during exercise activity you should seek medical attention and formal evaluation.

### Overview

Use the descriptions and progressions as a guide, and reference the exercise demo videos attached to reference technique and instruction for appropriate execution. Contact SSM PT's Overhead Athlete Team Lead, Dalton Schumer with questions, or to find the baseball specializing PT nearest you.

### Arm Care

- 2-3x/wk
  - Stretch
    - Standing Corner/Doorframe Pec Stretch (4sets of 30seconds)  
<https://youtube.com/shorts/WDgKl1rGNfE?feature=share>
  - Strengthening
    1. Prone T's (3sets of 20-40reps)\*  
<https://youtube.com/shorts/nwFg3R2n8Fg?feature=share>
    2. Side-lying External Rotation (3sets of 20-40reps)\*  
<https://youtube.com/shorts/hP3MqlV457g?feature=share>
    3. Shoulder Press (3sets of 20-40reps)  
<https://youtube.com/shorts/t0mggn9mEho?feature=share>

\*Add weight if you can do 40+ with good technique, decrease weight if you can't do 20 reps, must get fatigued!

### Thoracic Rotation

- Self-Guided Assessment test:  
<https://youtube.com/shorts/C3Q7avvX9NE?feature=share>
- Exercises:
  - Side-lying Open Book 2sets of 6-8  
[https://youtube.com/shorts/yGqbaRYma\\_U?feature=share](https://youtube.com/shorts/yGqbaRYma_U?feature=share)
  - HK Wall Thoracic Rotation Windmill 2sets of 6-8  
<https://youtube.com/shorts/XdnjP4ZdRSk?feature=share>

**Running/Conditioning**

- Getting Started use a Walk/Jog Interval to get back into it
  - Example: 30sec walk & 10sec Jog, repeat for a total of 5 minutes
- Start no more than 2-3x per week
- Progress in duration of sessions first, up to 15 minutes, and then add a day per week if able
- Once progressed to at least 2-3x per week of 10min tolerance, add in some sprinting and sessions to start the day (Sprints before jogging training)
- For example, add 3-5 sprints of about 45 feet, and stopping semi-abruptly prior to your 10min walk/jog cycle
  - Progress distance of sprints to 90ft and work up to 5-10 sprints

**Knee Strength Training(2-3x/wk)**

- Single Leg Lateral Step Downs (3-4 sets of 15-20reps)  
<https://youtube.com/shorts/btA7DWy98BE?feature=share>
- Knee Extension Machine (3-4 sets x 15-20 reps)
  - Be sure to lock the knee out fully! Lower the weight as needed to focus on locking the knee out at the top

**Hamstring Progression (2x/wk)**

- Start with Double Leg Hamstring Bridges and progress to the other exercises as you get stronger... (videos to come! Check YouTube page for updated videos)
- Double Leg Hamstring Bridge > Single Leg Hamstring Bridge > Nordic Curls
- Sets and Reps\* and Progression Example...
  - Wk 1= 3sets of 6
  - Wk 2= 3sets of 8
  - Wk 3= 3sets of 10
  - Wk 4 Progress to Single Leg... 3sets of 6
  - Wk 5= 3sets of 8
  - Wk 6= 3sets of 10
  - Wk 7 Progress to Nordic Curls... 3sets of 4
  - Wk 8 3sets of 5
  - Wk 9 3sets of 6

\*Rep Notes: (5sec isometric hold at the top for each bridge)

\*For Nordic Curls, count 5 seconds on the way down as a minimum for a “clean rep”, spend more time at top of the motion if necessary

**YouTube Channel Home Page for Videos**

<https://www.youtube.com/channel/UCgB76eiAtsKAHQuOxbKDzCQ>