



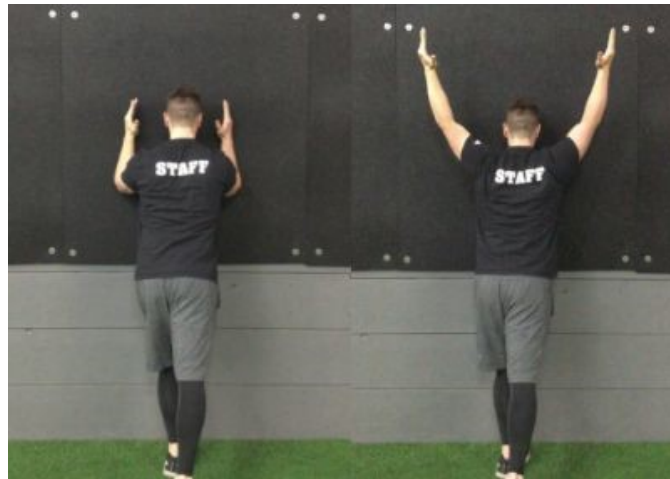
Mobility Work

A huge factor in keeping athletes healthy while improving performance is improving movement quality, specifically in the areas stressed the most during the pitching delivery.

Mobility is often confused with flexibility, but the two are not synonymous. Flexibility is simply range of motion while mobility is strength through range of motion. Put most simply, mobility is the ability to produce a desired movement.

Regarding mobility, our top priorities when performing the pitching delivery are getting our arm overhead as easily and pain free as possible, having sufficient internal and external rotation in the glenohumeral joint, and getting our hips open to help create what we call hip-to-scap separation.

SCAPULAR UPWARD ROTATION EXERCISES



Serratus Wall Slide – Push away from wall to fill up upper back and get serratus engaged. Drive the inside of the shoulder blade toward the armpit.



Yoga Push Up – Standard push up while going into a downward dog position at the top.



THORACIC-SPINE EXTENSION EXERCISES



Bench T-Spine Mobilization – Straight line from hips to head with elbows out in front of head. Rock back and take heels to butt.



Cat Cow/Camel – Round your upper back driving your scapula underneath your armpit, exhale into starting position and drive your scapula toward your spine to extend the upper back.



Prone Sphinx – Keep shoulders packed and reach forward with one hand without letting the other side shrug.



THORACIC-SPINE ROTATION EXERCISES



Quadruped Extension Rotation – Place one hand by your ear and rotate through your upper back following your elbow with your eyes.



Side Lying Windmill – Follow hand with eyes. Move through your upper back.

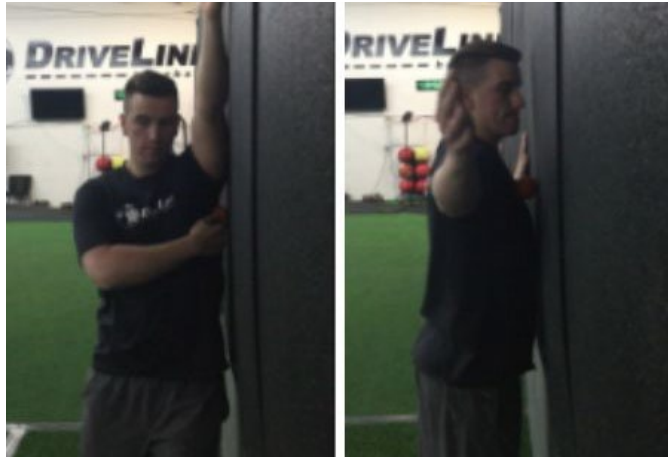
SOFT-TISSUE WORK



Thoracic Spine Extension



Latissimus Dorsi



Pec Rolling & Teres Minor

THE HIPS

Similar to the importance of internal and external shoulder rotation to the pitching delivery, internal and external hip rotation is also crucial to both performance and injury prevention.

In order to achieve proper hip-to-shoulder separation, or hip-to-scap separation, you must rotate your hips open while keeping your trunk closed at foot strike. Having sufficient hip internal rotation of the back leg and external rotation of the lead leg helps start the hip rotation.



THE EXERCISES



Clam Shells – Keep the glutes tight and press bottom knee into the ground while raising top knee. Movement should be within the hip socket.



Hip Bridges – Engage core and drive shoulders into the ground bridging the hips into the air. Make sure you have glute activation at top.



Pigeon Pose – Press hands into the ground and take tailbone to the sky.



Half Kneeling Glute Pulse – Squeeze glutes tight and rock back and forth.



Seated 90/90 Rotations – Drive knees away from each other until one knee is into full external rotation and other into full internal rotation.

-Coach Weinmann