

Dynamic Warm-up... Baseball



NovaCare[®]
REHABILITATION
SPORTS MEDICINE

Full-body warm-up, starting on the foul line:

- Jog 1 full base path and return
- Side shuffle with arm swing up/back ½ base path and return
- Jogging - High knees ½ base path
- Jogging - Butt kick ½ base path
- Lunge - Side bend ½ base path
- Lunge - Twist ½ base path
- Frankenstein walk with arm swing ½ base path
- Walking - Knee hugs ½ base path
- Walking - Ankle pulls ½ base path
- Walking - Russian Dead Lift ½ base path
- Carioca up and back ½ base path and return
- Power skips 1 full base path
- Sprint 1 full base path and return
- Arm circles forward/backward 20 each
- Laying on stomach I, T, Y 5 each (hold for 1 second)

Throwing sequence, starting on one knee:

- Kneeling wrist flips 15 feet (5 throws)
- Kneeling toss, focusing on rotating through the hips 15 feet (5 throws)
- Standing throws with feet still
 - Point toes toward partner, focus on arm movement
 - Turn your hips during throws 30-45 feet (5-10 throws)
- Standing throws
 - Feet parallel to the line
 - Starting in a pitchers stride, perform a rock forward
 - Back to shift your weight prior to your throw 45-60 feet (5-10 throws)
- Standard throwing
 - Crow hop throw
 - Throw on a line
 - Gradually increase from 60 90 or 120 feet at max (10-15 throws)

For more information or questions about this program, please email sportsinjury@novacare.com.

CONNECT



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