

TWO OUT DRILL

Center for Athletic Medicine – Dr Preston Wolin

Adapted from: Results Physical Therapy and Training Center - Kyle Yamashiro PT, CSCS

· Goals: Re-establish Range of Motion between innings · Prepare the pitcher prior to throwing ·



1. Internal Rotation –
1-2x with 3 sec hold



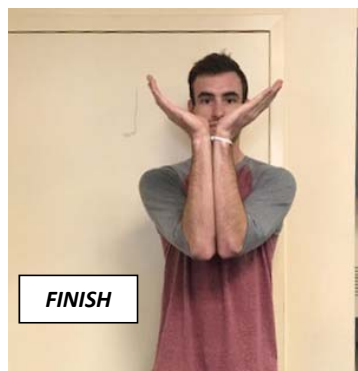
2. Elbow Stretch –
2x with 3 sec hold



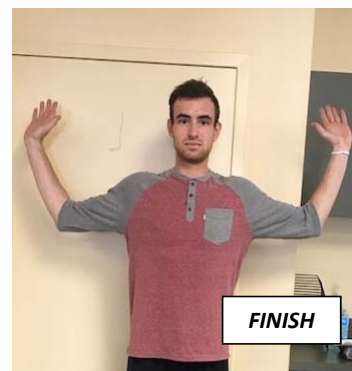
3. Big Arm Circles –
Performed 5 times fast



4. Small Arm Circles –
Performed 5 times fast



5. Forearm Touch –
Performed 5 times fast



6. 90/90 –
Performed 5 times fast



7. Trunk Rotation –
Performed 5 times fast

OPTIONAL

Recommendations:

- Do before and after throwing
- Perform 3x each with 3-5 seconds holds

