

TWO OUT PROTOCOL

Center for Athletic Medicine – Dr Preston Wolin

Adapted from: The Lexington Clinic

*****For Pitchers to perform before starting each inning. 1 set with 5-10 reps each.*****



PRONATION / SUPINATION

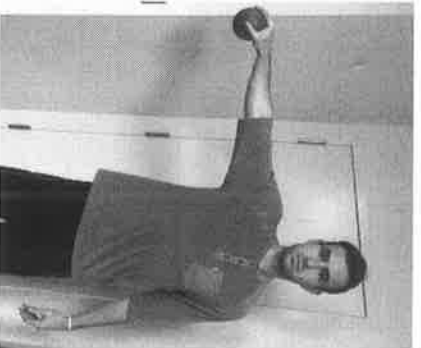
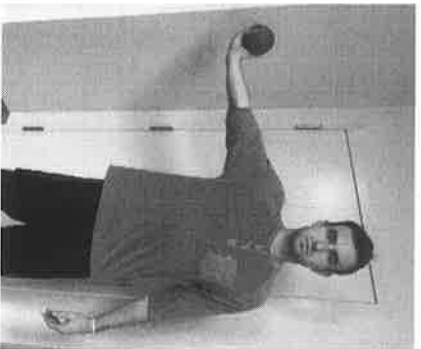
Use tennis racket with weight, bat, or weighted stick:

1. Stand, holding weighted stick with elbow at 90 degrees. Wrist in neutral position.
2. Move wrist into Pronation with a 3 second hold.
3. Return to neutral position.
4. Move wrist into Supination position with a 3 second hold.

ECCENTRIC BICEP STRETCH

Use some type of weight (2-4 lbs):

1. Stand with shoulder at 90 degrees abduction, holding ball in hand with flexed biceps and forearm supination.
2. Straighten arm while holding ball upwards.
3. Turn hand downwards, pronate forearm and flex wrist with 5 second hold.



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T-BAND POWER POSITION STRETCH

No shoulder IR/ ER Rotation allowed. This is a stretch only!

1. Hold ball attached to T-Tubing in Power Position.
2. With the front elbow held up equal to throwing elbow, turn at waist keeping glove elbow up.
3. Rotate until stretch is felt in throwing shoulder.
4. When stretch is felt, hold for 5 seconds.

TWO OUT DRILL

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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



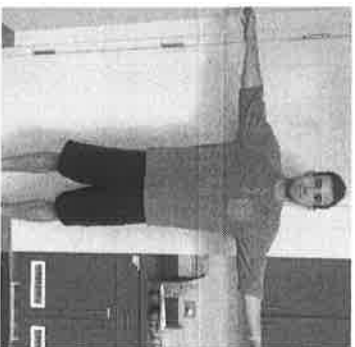
1. Internal Rotation –
1-2x with 3 sec hold



2. Elbow Stretch –
2x with 3 sec hold



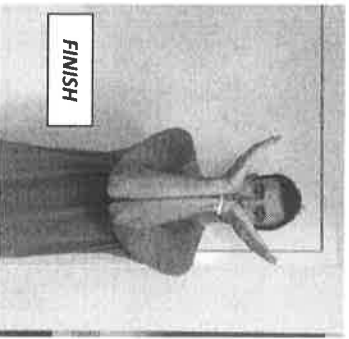
3. Big Arm Circles –
Performed 5 times fast



4. Small Arm Circles –
Performed 5 times fast

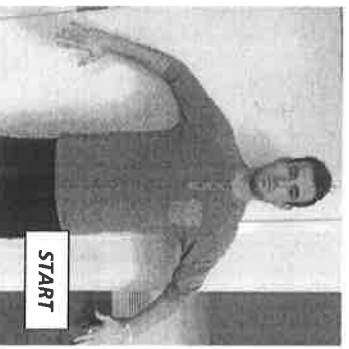


START

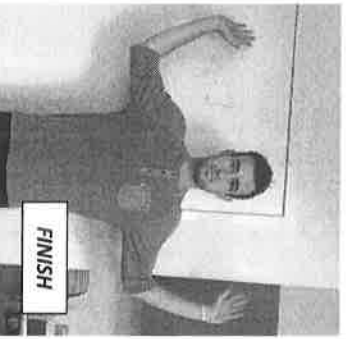


FINISH

5. Forearm Touch –
Performed 5 times fast

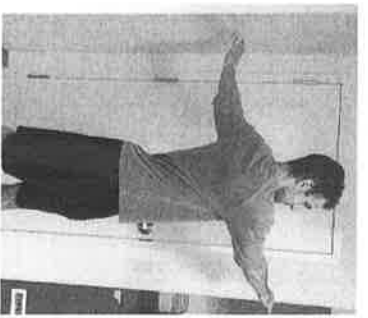


START



FINISH

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

