

## Dr. Arnold's Pre-Season Baseball Shoulder/Elbow Exams

The American Sports Medicine Institute states that NO PITCHER age 9-14 should throw

- ✓ More than 1,000 pitches per season<sup>1</sup>
- ✓ More than 3,000 pitches per year<sup>1</sup>

<sup>1</sup>"USA Baseball Medical & Safety Advisory Committee Guidelines: May 2006"

[www.asmi.org/asmiweb/usabaseball.htm](http://www.asmi.org/asmiweb/usabaseball.htm)

### Is Your Arm Ready To Throw 3,000 Pitches This Year?

Dr. Arnold's Baseball Physical Exam Includes:

- ✓ Postural exam to assess correct muscle balance
- ✓ Rotator cuff muscle testing for proper strength and stability
- ✓ Orthopedic testing for shoulder & elbow ligament stability
- ✓ Assessing overall shoulder range of motion to insure proper stability and flexibility
- ✓ Personalized strength & conditioning recommendations to correct any imbalances and flexibility issues



#### **When Should I Get Examined By Dr. Arnold?**

- ✓ 6 weeks before tryouts since Dr. Arnold recommends throwing 3 times/week 1 month before tryouts
- ✓ All costs of the exam are covered through insurance

*Is your arm strong  
yet stable enough to  
throw 3,000 pitches  
this year?*

*"An ounce of prevention is worth a pound of cure"*

-Henry de Bracton