

Homework Assignments

<u>Week 1</u> – Why Are We Here?

Because...

_____ is the #1 risk factor for injury

The 3 thresholds for arm injury are:

Pitching more than _____ months per year

Pitching more than _____ innings per year

Pitching more than _____ pitches per week

✓ **ASMI Position Statement on Tommy John Injuries**

What are 4 risk factors for injury in teenage pitchers (HINT: Look at the highlighted section)

1. _____
2. _____
3. _____
4. _____

✓ **Why This Program?**

1. What phase of the throw is most stress to the throwing shoulder?
 - a) Wind-Up
 - b) Late Cocking
 - c) Acceleration
 - d) Follow-Through