

What Is Your Baseball Offseason Timeline?

October 7, 2014

Since [year-round baseball is the #1 risk factor for arm injury](#), it's time to set your offseason timeline using these principles:

#1 - Get off the field! As [recommended by the American Sports Medicine Institute](#): no throwing for 2-3 months and no competitive pitching for 4 months.

#2 - Get 'Baseball Strong'. There is a very specific way the baseball shoulder needs to be trained and it's the central approach in [the Winter Conditioning Program](#). If you are unable to attend the winter program, you can make a pitching lesson appointment and I will show the exercises that need to be done over the winter.

#3 - How strong & flexible is your shoulder? The baseball shoulder needs to have a certain balance of strength and flexibility. This can be done by [getting measured and strength tested in my office](#).

Have A Question About This Newsletter?

Contact (PitchingDoc@msn.com / 631-352-7654) Dr. Arnold!