

STRENGTH, MAINTENANCE & PREVENTIVE ARMCARE

for Baseball and Softball



This guide is intended as a companion to the Tanner Resistance Bands for Baseball and Softball. **Frequency, sets, and repetitions are not provided. Those should be determined by your health care professional.**

All exercises should be performed in a pain-free manner and in a pain-free range of motion. If you experience pain during any exercise, discontinue the exercise immediately and consult your doctor or health care professional.

TANNER



READ THIS FIRST: SAFETY AND USE

- **PRIOR** to every use, inspect the bands, connections and clip to ensure they are secure and in good condition. **DO NOT USE** if any components are broken or damaged, as injury may occur.
- When **ANCHORING** the band, ensure the anchor point is secure and stable, and not at risk of coming loose under tension.
- **NEVER** anchor the bands at head, neck or eye level. If the band were to detach from the anchor point, serious injury could occur.
- **ALWAYS** consult a health care professional prior to beginning any strength training or exercise routine.

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Armcare Exercises for Baseball and Softball

1. External Rotation



- With your outside hand, hold the band at waist height.
- Keep your elbow near your waist and bend your arm to form an L.
- With your elbow pinned to your waist (and maintaining the L shape), rotate your forearm away from the body while keeping tension in the band.

2. Internal Rotation



- With your inside hand, hold the band at waist height.
- Keep your elbow near your waist and bend your arm to form an L.
- With your elbow pinned to your waist (and maintaining the L shape), rotate the forearm toward the body and then back to the starting position while keeping tension on the band.

Armcare Exercises for Baseball and Softball

3. Overhead Internal Rotation



- Anchor the band at chest height.
- Stand with your feet shoulder-width apart facing away from the anchor point.
- Hold a resistance band in each hand, palms facing down.
- Keep your arms at shoulder height, forming a 90-degree angle with your elbows.
- Slowly rotate your forearms up (vertical) while keeping your elbows and upper arms stationary. Your arms will make an "L" shape at the top of the movement.
- Return to the starting position by lowering your arms in a controlled manner.

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4. Overhead External Rotation



- Anchor the band at chest height.
- Stand with your feet shoulder-width apart facing toward the anchor point.
- Hold a resistance band in each hand, palms facing down.
- Keep your arms at shoulder height, forming a 90-degree angle with your elbows.
- Slowly rotate your forearms up (vertical) while keeping your elbows and upper arms stationary. Your arms will make an "L" shape at the top of the movement.
- Return to the starting position by lowering your arms in a controlled manner.

Armcare Exercises for Baseball and Softball

5. Scapular Retraction



- Anchor the band at chest height and stand facing the anchor point.
- Raise both arms to be horizontal, straight in front of you.
- With both arms, pull the bands back moving your shoulder blade backwards towards the spine and forming an L with your bent elbow.
- Squeeze the upper back together at the end of each repetition like you are trying to hold a baseball between the scapulas.
- In a controlled movement, bring the arms back to the horizontal front starting position.

6. Scapular Retraction w/External Rotation



- Anchor the band at chest height and stand facing the anchor point.
- Perform a Scapular Retraction (above).
- After pulling the arms back and forming a horizontal L with your elbows, rotate your forearms vertically to a 90 degree angle.
- In a controlled manner, reverse the movements back to the horizontal front starting position.

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7. Internal Balance Rotation



- Anchor the band at shoulder height. Face away from the anchor point.
- Position your left foot forward. Raise your arms out to your side to shoulder height, parallel to the floor.
- Keeping both arms in this position, dip the left arm down while allowing right arm to rise up.
- Return to starting position start position.
- Now, dip right arm down and let left arm rise.
- Switch front foot and repeat.

8. External Balance Rotation



- Anchor the band at shoulder height. Face toward the anchor point.
- Position your left foot forward. Raise your arms out to your side to shoulder height, parallel to the floor.
- Keeping both arms in this position, dip the left arm down while allowing right arm to rise up.
- Return to starting position start position.
- Now, dip right arm down and let left arm rise.
- Switch front foot and repeat.

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9. Banded Arm Circles



- Anchor the band at chest height. Face toward the anchor point.
- Raise your arms out to each side, shoulder height, keeping them horizontal to the ground.
- Keeping arms straight with no bend in elbow, make small forward circles with both arms at same time.
- Next, keeping arms straight with no bend in elbow, make small backward circles with both arms at same time.

10. Banded Side Twist



- Anchor the band at waist height and position yourself with your side toward the anchor point.
- Extend arms out directly in front, rotate your body away from anchor point, keeping arms straight with no bend in elbow.
- Switch directions and repeat.

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11. Chest Fly



- Anchor the band at chest height and position yourself facing away from the anchor point.
- Raise your arms out to your sides with a slight bend in your elbows, palms facing front
- Keeping the slight bend in your elbows throughout the movement, bring the arms forward, using the chest muscles to bring your arms together.

12. Reverse Chest Fly



- Anchor the band at chest height and position yourself facing toward the anchor point.
- Raise your arms out to your sides with a slight bend in your elbows, palms facing front
- In a controlled movement, keeping the slight bend in your elbows, bring the arms forward, and pull back, using the upper back muscles to complete the movement.

Pro Tip: Whereas the Scapular Retraction exercise moves the arms in a horizontal L position, the Reverse Chest Fly should maintain straight arms with a slight bend, rather than an L.

Armcare Exercises for Baseball and Softball

13. Tricep Kick Backs



- Anchor the band at knee height and position yourself facing toward the anchor point.
- Begin with your elbows bent at a 90 degree angle and keep elbows pinned tight to the body/waist.
- Keeping the elbows close to the body push your hands/forearms down and back toward the back of your body with your arms.

14. Sword Raises



For a Right-Handed Pitcher

- Securely anchor the band at ankle height.
- Stand with the outside of your left foot parallel to the anchor point.
- Secure the wrist strap of the band to the right hand.
- With your right arm, pull band up and away from the body, so the arm ends at a 90-degree angle, forming an L.
- Return to starting position and repeat.

For a Left-Handed Pitcher

- Keeping the band anchored at ankle height, position your body so that the outside of your right foot is parallel to the anchor point
- Pull with left arm as described above.

Armcare Exercises for Baseball and Softball

15. Lawnmower



- Anchor the band at ankle level.
- Position yourself with your side toward the anchor point, feet slightly wider than shoulder width.
- Grasp the band with outside /far-side arm, slightly rotating down toward the anchor.
- Pull up and across the body, as if starting a lawnmower.

16. Standing Forearm Pronation



- While standing, anchor band at waist height with your elbow tight to your side and forearm parallel to the ground.
- Grasping the band with the right hand, palm up, rotate the wrist inward toward the middle of the body until the palm faces down.
- Reverse the motion and repeat.
- Repeat on the left side.

Armcare Exercises for Baseball and Softball

17. Standing Forearm Supination



- While standing, anchor band at waist height with your elbow tight to your side and forearm parallel to the ground.
- Grasping the band with the right hand, palm down, rotate the wrist outward from the middle of the body until the palm face up.
- Reverse the motion and repeat.
- Repeat on the left side.

18. Horizontal Band Pull-Apart, Palm Up



- While standing with your feet shoulder width apart, hold two ends of a resistance band with palms facing up, at shoulder height.
- Keeping the elbows straight with arms out front, pull both arms outward away from the body.
- Return to starting position and repeat.

Armcare Exercises for Baseball and Softball

19. Horizontal Band Pull-Apart, Palm Down



- While standing with your feet shoulder width apart, hold two ends of a resistance band, with palms facing down, at shoulder height.
- Keeping the elbows straight with arms out front, pull both arms outward away from the body.
- In a controlled movement, return to the starting position and repeat.

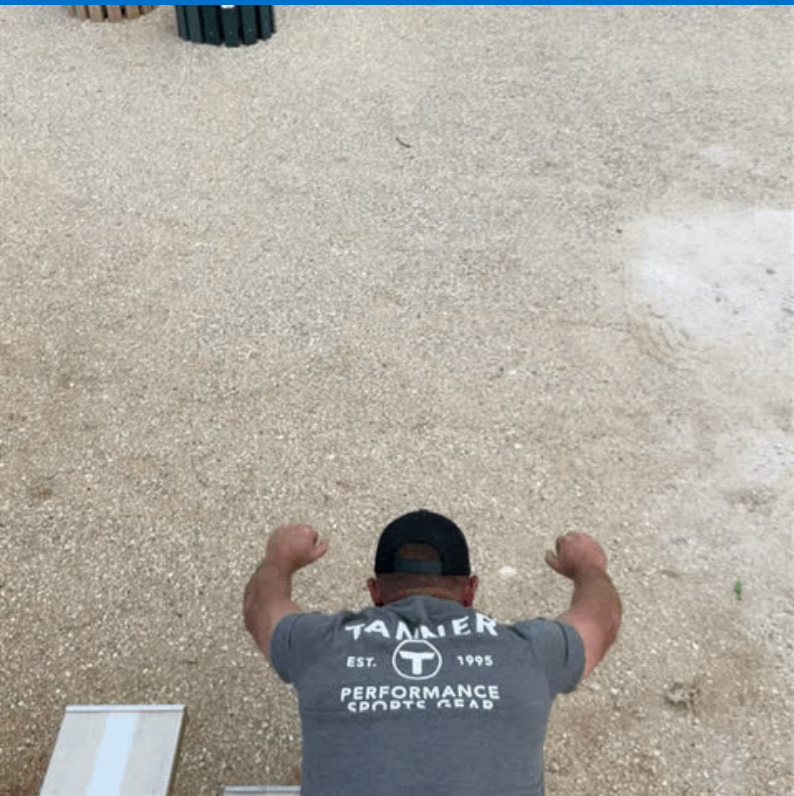
20. Shoulder Press



- Anchor band at ankle height and stand with your back to the anchor point. (Ideally against a fence or wall.)
- Hold and grab the bands (not the straps), one in each hand, at shoulder height.
- Extend the arms overhead, fully extending the elbows and return to the starting position at shoulder height.

Armcare Exercises for Baseball and Softball

21. Prone "I" Front Raise



- Lie face down on a bench or raised platform.
- Begin with your arms extended out in front of you, palms down, hanging down towards the floor.
- Lift your arms up until they are in line with/parallel to your body.
- Slowly lower your arms to the starting position.

22. Prone "Y" Raise



- Lie face down on a bench or raised platform.
- Begin with your arms extended out like a letter Y, palms down, hanging down towards the floor.
- Lift arms up at 45 degree angle until even with/parallel to your body.
- Slowly lower your arms to the starting position.

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23. Prone "T" Lateral Raise



- Lie face down on a bench or raised platform.
- Begin with your arms extended out like a letter T, palms down, hanging down towards the floor
- Lift your arms up until they are in line with/parallel to your body.
- Slowly lower your arms to the starting position.
- Exercise can be performing with or without weighted balls.

24. Prone Shoulder Extension



- Lie face down on a bench or raised platform.
- Hold your arms to your side, palms up, hanging down toward the floor.
- Lift your arms up until they are in line with/parallel to your body.
- Slowly return to starting position
- Exercise can be performing with or without weighted balls.

Use: Create shoulder strength

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25. Doorknobs



- Standing with feet shoulder width apart raise your arms out in front of you, keeping arms parallel to the floor at shoulder height.
- Twist your wrists right and left, like twisting a doorknob.
- Twist back and forth at a quick pace
- Exercise can be performed with or without weighted balls.

Use: To help shoulders loosen up; secondary use is to create a good shoulder burn for flexibility

26. Wall Slides



- Stand with your back flat against the wall.
- Holding your shoulders and arms against the wall, raise your arms to the side and bend your elbows to form an L.
- Maintaining contact with the wall, raise your arms up overhead, straightening your elbows as you raise your hands.
- Slide arms back down the wall to shoulder height with bent elbows (starting position).
- Repeat the motion.

Use: Shoulder mobility

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27. Finger Flicks



- Beginning with your arms at your sides, raise your arms out to the side and up overhead, then rotate to lower your arms in front of your body to shoulder height.
- Then reverse the motion, raising arms back to an overhead position and back down to your sides.
- Throughout the arm movement, open and close your fists at a quick pace.

Use: To help with forearm strength; secondary use is to help warm up the shoulders

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