

Shoulder and Arm Exercises for Baseball Players

Stretching the Rotator Cuff

Rotator Cuff Stretch at 90°

The capsule around the shoulder joints needs to be stretched before maximum movement can be obtained. Begin these exercises on a table with a small weight in your hand. Your shoulder should be over the table edge and elbow bent to 90°. Just allow the weight to pull your arm down gently in this position.



Rotator Cuff Stretch with Arm at 135°

During static flexibility exercises a particular position is held for a period of time. Static stretching is the best way to initiate a sequence. After stretching, a muscle can be gently moved through the range of motion. In this exercise, raising your arm another 35° stretches more of the tissue surrounding the shoulder.



Stretching the Rotator Cuff

Rotator cuff stretch with arm overhead

Finally, this exercise should be repeated with your arm as far overhead as possible. Your head should remain supported while the shoulder itself is over the table edge. Again, just allow the weight to pull your arm down gently.



Posterior Cuff Stretch

The back portion of the shoulder joint can be stretched out in this position, by gently pulling your arm across your body.



Stretching the Rotator Cuff

Interior Cuff Stretch

The other portions of the rotator cuff can be stretched by reaching overhead and gently pulling on your elbow with the opposite hand.

