

Re-Conditioning, Return to Play, Maintenance for the Throwing Athlete

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Optimum Performance Blocks

Function

Movement Big Rocks



Thoracic Spine



Hip Complex



Great Toe & Foot/Ankle Complex



Association of Opposing Hip Internal Rotation to Elbow Injuries

Base upon Single Leg Balance IHR Assessment



Non-Injured Players Average IHR: 34.5 degrees

Injured Players Average IHR: 29.4 degrees

Drive Leg & Ankle Function



Key Issues

- Does STJ invert/evert?
- Do hips adduct/abduct?
- Do hips, knee, ankle flex?



Single Leg Balance to 90 degrees



Single Leg Balance to 0 degrees

Landing Leg & Ankle Function



Key Issues

- Does STJ invert/evert?
- Do hips internally/externally rotate?




SLB IHR




SLB EHR

Thoracic Spine Motion



Type 1


Pelvis Rotation is opposite direction of the frontal plane motion of the spine




Type 2

Pelvis Rotation is in the same direction as the frontal plane motion of the spine


Shoulder Girdle Assessment




Sagittal



Frontal



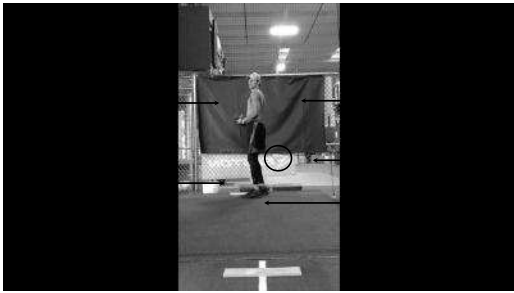
Transverse



Don't Forget the S-C Joint


Common Throwing Faults

7 Checkpoints for Increased Risk of UCL Injury



7. Wrap & Curl: increases risk of shoulder & elbow issues

Optimum Performance Blocks



Training Components

Tempo Runs

Speed Techniques

Explosiveness

Loaded Movement Training



Stabilization

Integrated Flexibility: Flexibility Highways

Lifting Techniques

Strength Circuits


Heavier Resistance

Traditional Strength Training Bench Press Olympic Lifts Squats Isolated Movements Selectorized Equipment	VPR SandBells Sled Dwg Weighted Vests Weighted Plyometrics
Traditional Core Training Muscle Testing Post-Rehab Remedial Skill Development	Speed & Agility Training Skill Development Return to Play Plyometrics


Low Resistance

Static/Uni-Planar
Movement Based

Associate the Hips with the Shoulder Girdle




Integrated Shoulder
Internal Rotation




Integrated Shoulder
External Rotation


Shoulder Girdle Stabilization



Integrated Shoulder
Internal Rotation





Integrated Shoulder
External Rotation




Banded Wall Climbers

Associate the Hips with the Shoulder Girdle







Shouldering the Load: From the Ground Up



Sagittal Plane:
Same side shoulder ext./hip flex.
Shoulder flex./hip ext.



Frontal Plane:
Same side
shoulder abd./opposite hip add.



Transverse Plane:
Shoulder ext. rot./
Opposite hip ext. rot

Hip Stability Program


Clam Shells

Band Valgus Force


Band Posterior Force

Band Varus Force


Flexibility Highways




Anterior
enhances ext. moments




Posterior
enhances flex. moments




Lateral
enhances abd./add.
moments



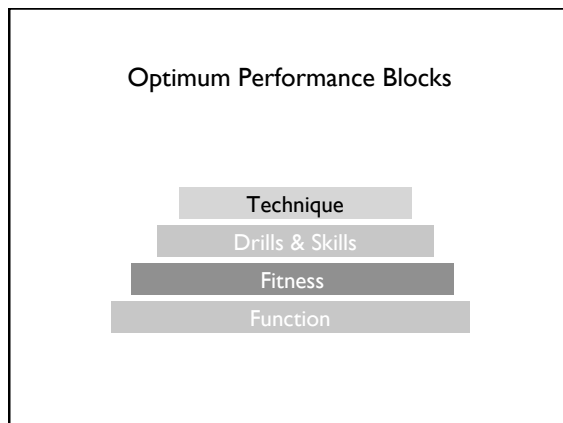
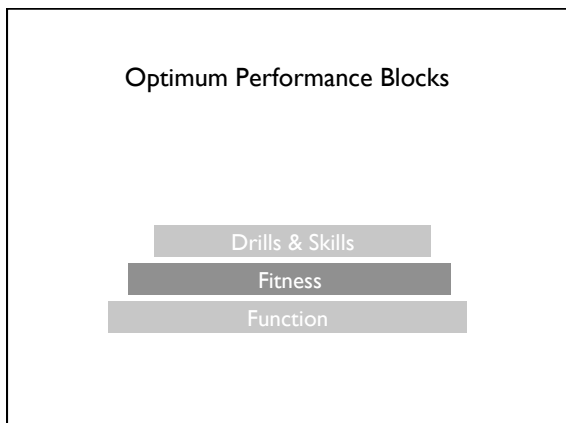
Anterior X-Factor
enhances ext. &
rot. moments



Posterior X- Factor
enhances flex. &
rot. moments



Turnpike
enhances association of
opposite C-Spine to opposite shdr.
girdle to same side hip



Common Throwing Faults

Drift		Throwing Uphill	
Hands Separate Late		Over Stride	
Hand Too Low		Tight Internal Rotation of Lead Hip	

Throwing Drills & Technique

Association of Hips & Shoulders: The X-Factors

Towel Drills from Knee	Chest to Glove Hand
Load the Back Side	Inside Pick Off Move

Thank You for Attending!!!

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