Preparing the Starting Pitcher

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Congratulations

C

2017 World Champions

27 Time World Champions

But As We All Know,

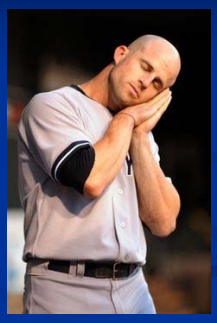
The 28th World Championship

Is Always The Toughest!

Preparing The Starting Pitcher

There's No Recipe for Preparing Starting Pitchers

Importance of Sleep



Factors for Starting Pitcher Routines

- Age
- Injury History

Criterion All Our Starting Pitchers Must Meet

- Active Warm Up
- Shoulder & Arm Stretch
- Hydration

3 Starters – 3 Routines

Pitcher #1

- 22 Years old
- No Injury History

Routine:

Active Warm Up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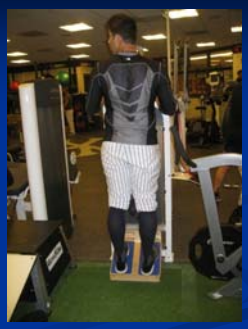
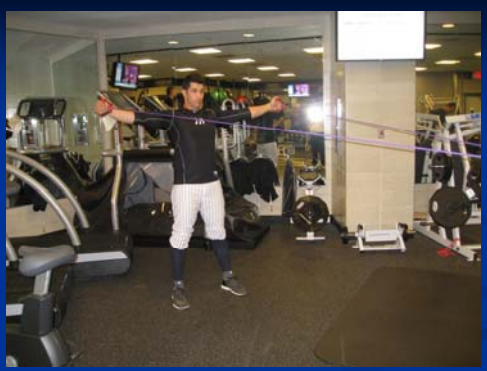




3 Starters – 3 Routines

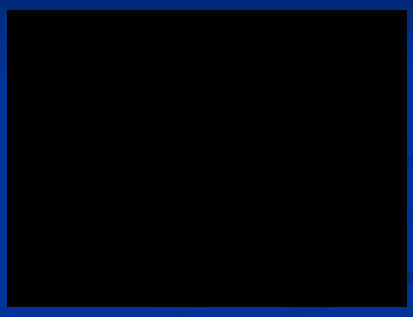
Pitcher #2

- 26 Years old
- History of UCL reconstruction in H.S.

Routine:

- Active Warm Up
- Manual Shoulder Exercises
- Passive Shoulder Stretch w/ ATC
- Massage w/ ATC

Shoulder Manuals



Shoulder Manuals

Shoulder Manuals

3 Starters – 3 Routines
Pitcher #3

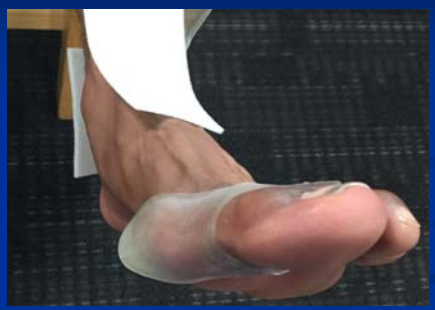
- 36 Years old
- History of Elbow, Knee, Foot Surgery

Routine:

Hot Whirlpool
ASTM of Surgical Foot & Leg
Padding and Taping of Foot & Ankles
Passive Shoulder Stretch w/ ATC
Massage w/ ATC
Active Warm Up

Soft Tissue Mobilization

Sesamoidectomy Padding



Prophylactic Taping

Shoulder Stretch

Shoulder Massage

Analgesic Choices

Hydration

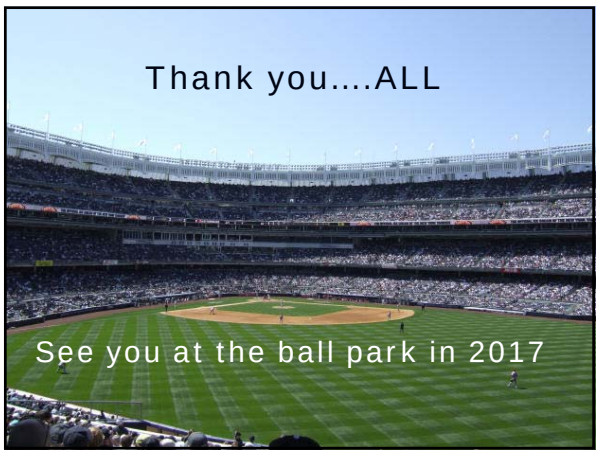
Urine Specific Gravity Chart

Specific Gravity	Hydration Status
1.000 - 1.015	Hydrated
1.016 - 1.020	Mildly Dehydrated
1.021 - 1.029	Moderately Dehydrated
1.030 and >	Severely Dehydrated

Hydration


GATORADE


PLEASE REMEMBER
1) THESE ARE KIDS
2) THIS IS A GAME
3) COACHES ARE VOLUNTEERS
4) UMPIRES ARE HUMAN
5) YOU DO NOT PLAY FOR THE YANKEES
THANK YOU.
STONY POINT LITTLE LEAGUE


Thank you….ALL
See you at the ball park in 2017