

Preparing the Starting Pitcher



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When Dr Ahmad Asks Me To Do a Presentation!



The Tale of Two Pitchers



Tanaka vs Severino

Differences

- Different Nationalities
- Different 5 Day schedules
- Different rates of recovery
- Different types of pitchers – power vs finesse

Even Different interpreters

Japanese

Spanish



5 Day Routine - Tanaka

- Day 1 - day after Pitching – Soft tissue/Stretch
- Cardio and Core Work
- Day 2 – Rest and Normatec
- Upper Body Lift and Runs Poles
- Day 3 – Bullpen session & BFR manuals
- Lower Body Lift and Treadmill Sprints
- Day 4 – Soft tissue and Normatec
- 5 – 30 Yd Sprints and 5 Agilities
- Day 5 – Game Day Routine

5 Day Routine - Severino

- Day 1 – Day after pitching – Massage
- Cardio and Core Work
- Day 2 – Rest
- Runs Poles
- Day 3 – Bullpen – Manuals
- Total Body Lift with Treadmill Sprints
- Day 4 – Soft tissue
- Rest or 30 Yd Striders
- Day 5 – Game Day

Golden Rule

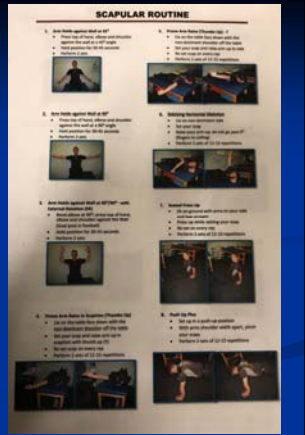
Anytime Your Toe
Touches The Rubber
You Must Exercise
Afterwards!

Tanaka – Day 1



- Soft tissue work
- Restore Range of Motion
- Scap Routine

Scapula Routine



Tanaka Day 2

- Rest
- Normatec



Tanaka Day 3

- Bullpen Session
- BFR Manuals



Tanaka – Day 4



Game Day

Active Warm up



Pregame Stretch/ Massage




Game



Post Game

- Stretch/ Massage
- Shoulder Routine




Post Game

- Cryotherapy
- Marc Pro for home use



Severino Day 1



Total Body Massage

Severino – Day 2

Rest



Severino – Day 3

Bullpen Session



Shoulder Manuals




Severino – Day 4

Soft Tissue Work



Severino – Day 5

- Active Warmup
- Tape




Severino – Day 5

- Stretch
- Massage



Severino – Day 5



Severino – Post Game

Shoulder Program



Cryotherapy



If Everything Goes Perfect!



Really Perfect!







