

**“The Lucky 7” – The 7 Mobility Exercises
Every Pitcher Should Be Doing**
Alan Tyson and Staff at Architech Sports

Everyone’s pressed for time but everyone wants to get better. Here are 7 key stretches or mobility exercises to perform for your pitchers to make sure their shoulders, spine, and hips are flexible enough to throw and stay healthy throughout the season. Best of luck this season!!!

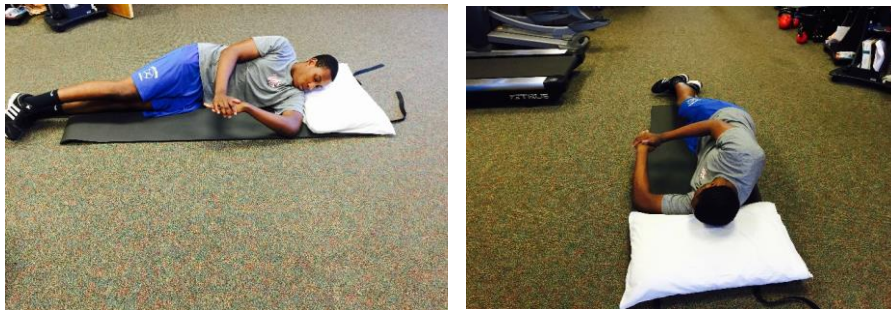
1. Sleeper Stretch (important for deceleration)

Key points – Hold for 1 minute – repeat x 3

Make sure to feel the stretch in the back of shoulder not the front

Keep the back of the shoulder down on the table

Do not lie directly on the side but turn 1/2 way off the side being stretched



2. Cross Over Sleeper Stretch (important for deceleration and followthrough)

Lie directly on your side and pull the arm across the body – you should only feel the stretch in the back of your shoulder (not in front). Make sure that forearm stays perpendicular to ground. **Hold for 1 minute – repeat x 3**



3. Single leg RDL with Hip Internal Rotation (important for follow-through and consistent extension)

Standing on one leg with the leg slightly turned in keep your back straight and slowly lower the weight until you feel the hamstring (back of your leg) engage. You need hamstring flexibility and strength to have adequate follow-through and extension when pitching. Make sure to not let you back round. Perform **3 sets of 12-15 reps** with a weight you can maintain good form.



4. Thoracic Rotation (important for late cocking phase of throwing) –

Upper back mobility is often a missing key in pitchers. Follow these pictures below and perform 15 total rotations (under arm pit and then up) – **Repeat 15 reps each way x 2**. **Key:** Make sure your hips are resting on your heels to lock in the lower back so only your mid back is moving.



Start



Bottom of Rotation



Top of Rotation

5. **Hip External Rotation (important for keeping front side closed)** – This muscle group in your hips is often tight and lead to early opening of the hips causing loss of power. Pay attention to hand placement and pull with both hands toward your opposite shoulder. **Hold 1 minute and repeat x 2**



6. **Forearm Stretch with Chest Bow (important for deceleration phase).** Your forearm and biceps can become tight from throwing so will need to make sure you perform these before and after throwing – **Hold 1 minute and repeat x 2.** Make sure the stress becomes less intense after the one minute hold or it is a sign you are stretching too hard!



7. **“Table Top”** for hip flexors and Biceps (important for acceleration phase (hips) and deceleration phase (biceps)). One of our favorites for addressing the hips and biceps – both commonly tight in pitchers. **Hold for 1 minute and repeat x 2.** Make sure not to stretch too hard but try and get your hips up parallel to the ground to make the “table top”.



Make these stretches a part of your pitchers daily routine and I think you will find them fresher throughout the season.

****Remember to**

- 1. Always plan ahead for what you are going to eat**
- 2. Obtain adequate amounts of protein**
- 3. Work on Flexibility**
- 4. Supplement your diet with a fish oil and multi-vitamin**

Let me know if I can help. Email me at architechsports@gmail.com

God Bless,

Alan Tyson and the Architech Staff

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