

# TAKING CARE OF YOUR PITCHING SHOULDER

By Michele Smith

## **Tip #1 - Warming-up**

Make sure you warm up your body properly and then warm up your shoulder as well through some stretching exercises like pulling your arm across your chest, stretching your triceps and your biceps, and throwing over-hand-nice an easy-to get the joint going and then continue into the underhand pitch.

## **Tip #2 - Cooling down**

And afterwards, make sure you ice and if it feels tight, get it rubbed out with a massage.

## **Tip #3 - The significance, or lack thereof, of pitch counts**

Once you get to a certain level, the focus is on the game. Let's face it, if you're in the Olympics and you have to throw a 150 pitches, you throw them.

## **Tip #4 - Pitch count and resting for youths**

Maybe at a youth level, they can go on a pitch count of 100 pitches or 110 pitches. Maybe for the young kids, though, watch the pitch count and give them rest days. Sometimes people think that because pitching underhand is such a natural movement, we don't need to rest and that's not true.