

## Dr. Arnold's Pre-Season Baseball Shoulder/Elbow Exams

The American Sports Medicine Institute states that NO PITCHER age 9-14 should throw

- $\checkmark$  More than 1,000 pitches per season<sup>1</sup>
- $\checkmark$  More than 3,000 pitches per year<sup>1</sup>

<sup>1</sup>"USA Baseball Medical & Safety Advisory Committee Guidelines: May 2006" www.asmi.org/asmiweb/usabaseball.htm

## Is Your Arm Ready To Throw 3,000 Pitches This Year?

Dr. Arnold's Baseball Physical Exam Includes:

- ✓ <u>Postural exam</u> to assess correct muscle balance
- ✓ <u>Rotator cuff muscle testing</u> for proper strength and stability
- ✓ <u>Orthopedic testing</u> for shoulder & elbow ligament stability
- ✓ <u>Assessing overall shoulder range of motion</u> to insure proper stability and flexibility
- Personalized strength & conditioning recommendations to correct any imbalances and flexibility issues

## When Should I Get Examined By Dr. Arnold?

- ✓ <u>6 weeks before tryouts</u> since Dr. Arnold recommends throwing 3 times/week 1 month before tryouts
- $\checkmark$  All costs of the exam are covered through insurance



Is your arm strong yet stable enough to throw 3,000 pitches this year?

## *"An ounce of prevention is worth a pound of cure"* -Henry de Bracton

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