

## Dr. Arnold's 2008 Fall Baseball Conditioning Camp

According to the American Sports Medicine Institute:<sup>1</sup>

*"For at least three months a year, a baseball pitcher should not play any baseball, participate in throwing drills, or participate in other stressful overhead activities."*

Instead:

*"Baseball pitchers need a period of "active rest"...[and are] encouraged to participate in physical activities that do not include a great amount of overhand throwing."*

Take the necessary steps NOW to help prevent baseball injuries later.

In Dr. Arnold's Fall Baseball Conditioning Camp, you will get  
**9 1-hour sessions** with NO THROWING that will focus on:

- ✓ Dynamic warm-up
- ✓ Core / Extension / Rotation power
- ✓ Medicine ball work
- ✓ Jump rope for agility, eye-hand coordination & posture
- ✓ Lunge / leg work
- ✓ Plyometrics / Sprinting / Explosion work



All of which are based on the most recent research out of the National Strength and Conditioning Association since 2005<sup>2,3,4,5</sup>

*For 3 months a year, put the baseball away and focus on "active rest"*

**When:** Every Wednesday from September 3<sup>rd</sup> – October 29<sup>th</sup>

**What Time:** 5-6 pm (Ages 9-12) or 6-7 pm (Ages 13-16)

**Cost:** 9 1-hour sessions for \$225

**Where:** Sycamore Valley Park (on the basketball courts next to Sycamore Valley Elementary)

*"We don't control what the other team does to prepare.  
We can only control what we do to prepare."*

**-John Wooden**

Reference:

1. "USA Baseball Medical & Safety Advisory Committee Guidelines: May 2006" posted on [www.asmi.org/asmiweb/usabaseball.htm](http://www.asmi.org/asmiweb/usabaseball.htm)
2. Brumitt J. Advanced Lumbar Stabilization Exercises. *NSCA Performance Training Journal* 2005; 4(4): 11-13
3. Carter AB. Effects of high volume upper extremity plyometric training on throwing velocity and functional strength ratios of the shoulder rotators in collegiate baseball players. *J Strength Cond Res* 2007 Feb;21(1):208-15
4. Brumitt J. Hamstring Injuries In Sprinters. *NSCA Performance Training Journal* 2007; 6(3): 8-11
5. Kohmura Y. Development of a baseball-specific battery of tests and a testing protocol for college baseball players. *J Strength Cond Res* 2008 Jul;22(4):1051-8
6. Herman SL. Four-week dynamic stretching warm-up intervention elicits longer-term performance benefits. *J Strength Cond Res*. 2008 Jul;22(4):1286-97

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