

Weighted Jump Rope
The #1 Way to Keep A Throwing Shoulder Healthy

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Complete
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Healthcare

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Why Is Weighted Jump Rope So Important for Pitchers?

- ✓ It strengthens the largest rotator cuff muscle:

**The Effects of Jump-Rope Training
on Shoulder Isokinetic Strength
in Adolescent Volleyball Players**

Journal of Sport Rehabilitation, 2010, 19, 184-199
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3 1-minute sets per day

Strengthened the infraspinatus muscle by 55%!

Why is Strengthening
the Infraspinatus Important?

- ✓ Because infraspinatus weakness is a risk factor for injury:

**Preseason Shoulder Strength
Measurements in Professional
Baseball Pitchers**

Identifying Players at Risk for Injury

Am J Sports Med 2010 38: 1375 originally published online May 20, 2010
DOI: 10.1177/0363546509360404

we hypothesized that pitchers with weaker external rotators would be the most at risk for injury due to loss of control

Types of Weighted Ropes

- ✓ 1-lb weighted rope
 - ✓ Sporting Goods Store
 - ✓ Weights are in handles and removable
- ✓ 3-lb, 4-lb and 5-lb weighted ropes
 - ✓ Weight is in the actual rope and not adjustable
 - ✓ Order online – www.performbetter.com

Weighted Jump Rope Video...



Thank You!



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