

Medicine Ball Deceleration Program

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Why is Medicine Ball Training So Important?

An EMG analysis of the shoulder in throwing and pitching

A preliminary report*

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- ✓ The most stressful part of the throw is after ball release.
- ✓ If you train your shoulder to slow down better, it will naturally speed up.

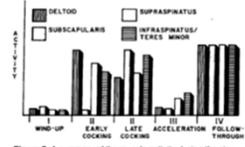


Figure 2. A summary of the muscle activity during the stages of a throw or pitch.

"You can only accelerate as fast as you can decelerate."

-Tom House, PhD
National Pitching Association

4 Implements of Deceleration Training

- ✓ 2 golf balls taped together in a sock (3 oz.)
 - ✓ 1 Baseball (5 oz.)
 - ✓ 1-lb medicine ball
 - ✓ 2-lb medicine ball

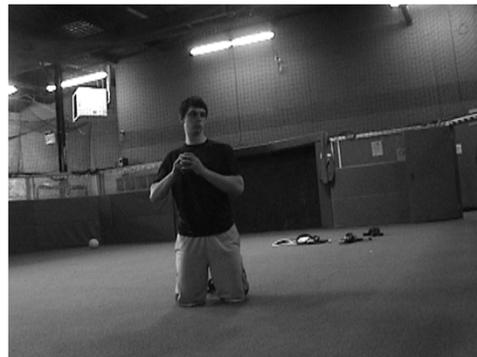
Medicine Ball Program Protocol

- ✓ Progress from lightest to heaviest implements
Golf balls → Baseball → 1-lb weight → 2-lb med ball
- ✓ Do each set in a 3-rep grouping
 - ✓ 1st & 2nd repetition → hold onto the implement
 - ✓ This stresses the eccentric (lengthening) contraction of the back of shoulder and improve deceleration
 - ✓ 3rd repetition → throw the implement

Medicine Ball Protocol Cont'd

- ✓ For each throwing drill, 12 sets of throws:
 - ✓ Golf balls → 3 reps x 3 sets
 - ✓ Baseball → 3 reps x 3 sets
 - ✓ 1-lb med ball → 3 reps x 3 sets
 - ✓ 2-lb med ball → 3 reps x 3 sets
- ✓ 12 sets x 3 throwing drills → 36 sets
- ✓ Before doing each throwing drill → 2 minutes of weighted jump rope

Medicine Ball 2-Knee Drill Video...



Step-Behind Drill Med Ball Video



Crossover Medicine Ball Video



Thank You!



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