

5 Steps To A Successful Offseason August 1, 2012

Step #5 – Get enough protein

[A 2010 paper:](#)

Protein Needs for Athletes

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States how protein keeps you healthy:

- Increased rates of protein synthesis
- Increased lean muscle mass accretion
- Improved strength
- Improved recovery from exercise
- Improved immunity
- Decreased musculoskeletal injuries

The current recommendations:

debated by athletes, nutritionists, trainers and coaches. The National Strength and Conditioning Association recommends athletes ingest between 1.5 to 2.0 g/kg of body weight of protein on a daily basis. The exact amount of protein intake is in-

So a 150-pound ballplayer needs at least 102 grams of protein per day

Step #4 – Improve Your Rotator Cuff with 1 exercise

There are 3 stages of jump rope progression

1. **Regular jump rope** for eye-hand coordination, footwork, agility and posture
2. **Weighted jump rope** to help [strengthen your rotator cuff by as much as 55% in 12 weeks:](#)
3. **5-lb heavy sand rope** for strength and explosion.

Step #3 – Take 1 month off from all organized activities

To benefit mental recovery as well as physical recovery.

Step #2 – Play different sports to become a better athlete

2 studies in 2012 have shown:

1. [A stronger bench press](#) improves bat speed
2. [A stronger front leg](#) improves pitching velocity.

Playing different sports can develop different areas of strength and improve baseball performance (Football for bench press strength, Basketball for leg strength)

Step #1 – No throwing for 3 months

As of June 2012, the American Sports Medicine Institute has [10 recommendations for injury prevention](#).

Their #2 recommendation:

2. **No overhead throwing of any kind for at least 2-3 months per year (4 months is preferred).** No competitive baseball pitching for at least 4 months per year.

Questions About This Newsletter?

Call (631-352-7654) or Email (PitchingDoc@msn.com) Dr. Arnold!