

Jumping Rope / Fall Shoulder and Towel Drill Programs

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Many of you know the emphasis I place on jumping rope above that of rubber tubing and Jaeger bands. No other exercise simultaneously contracts all the shoulder muscles in a functional way better than jumping rope.

Now a new study in volleyball players:

Duzgun I. **The Effects of Jump-Rope Training on Shoulder Isokinetic Strength in Adolescent Volleyball Players.** *Jou Sport Rehab* 2010; 19(2): 184-199

(<http://journals.humankinetics.com/jsr-back-issues/jsrvolume19issue2may/theeffectsofjumpropetrainingonshoulderisokineticstrengthinadolescenvolleyballplayers>)

found that weighted jump roping in 3 1-minute sets for 12 weeks **increased external rotation strength by 55%**.

Why is increasing external rotation strength so important?

As I showed in my previous newsletter:

<http://www.pitchingdoc.com/fileupload/Pitching%20Newsletters/2%20Shoulder%20Weaknesses%20and%20Injury%20-%2008.18.10.pdf>

1 of the shoulder weakness in baseball pitchers that increased injury risk was external rotation!

Fall Shoulder Training Programs

It's very important to participate in 'Active Rest' to strengthen the shoulder and help prevent injury next year. ***Year-round throwing year is the #1 contributor to arm injury.*** Focus on increasing strength and stability this Fall, NOT throwing.

I've created 2 Fall Training Programs and have snapshots of them below. All of these exercises have the same goal of *increasing shoulder stability and efficiency*:

Program #1

(<http://www.pitchingdoc.com/fileupload/Pitching%20Newsletters/Pitching%20Handouts/Fall%20Program%20Part%201.pdf>)

Program #2

(<http://www.pitchingdoc.com/fileupload/Pitching%20Newsletters/Pitching%20Handouts/Fall%20Shoulder%20Program%20Part%202.pdf>)

Fall Shoulder Training Program
Workout #1

1. Jump Rope - 200 jumps
2. Bird Dogs - 10 repetitions
 - a. 5 repetitions each side with 10 second holds (5 sec eyes open, 5 sec eyes closed)



3. Scapula Wall Push-Ups - 10 repetitions
 - a. Keep elbows straight
 - b. Squeeze shoulder blades for 5 seconds! Round out shoulder blades for 5 seconds



4. Medicine Ball Exercises - 50 repetitions
 - a. "Drop Catches" - 50 repetitions
 - i. Use 3-lb ball (eventually build up to 5-lb ball)
 - ii. Side to Side "Wrist Snaps" (B & C)
 - i. Using 5-lb med ball
 - ii. Keep elbow at side and elbows at 90 degrees
 - iii. Throw med ball side to side without letting elbows drift
 - b. External Rotation Throws (A, D & E)



5. Finish up with 200 repetitions of jump rope

Fall Shoulder Training Program
Workout #2

1. Jump Rope - 200 jumps
2. Basketball Wall Throws - 50 repetitions (A)
 - a. Stand 6 inches from wall
 - b. Keep throwing arm elbow shoulder high and rest to 90 degrees
 - c. Throw and catch the basketball against the wall while keeping elbow in same spot as the "axis of rotation"



(A)

3. Thumbs-Up Scapula Squeezes - 10 repetitions (B)
 - a. Keep elbows straight with thumbs with no dumbbell
 - b. WITHOUT bending elbow and keeping shoulders down, squeeze shoulder blades together for 5 seconds, then rest for 5 seconds



(B)

4. Isometric Basketball Plank Holds - 30 sec x 10 repetitions
 - a. Assume a push-up position (C) but instead of having hands on ground, have hands on 2 basketballs
 - b. When you get strong in this position, lift 1 leg off the ground at 1 time (D)
 - c. Once that becomes easier, do with eyes closed
 - d. Finally, try to do push-ups with the basketballs.



(C)



(D)

5. ASMI "Thrower's Tan" Program
 - a. Most recommended exercise = "Press Ups"
 - b. Many of the other shoulder exercises are done in other parts of this program



6. Finish up with 200 more repetitions of jump rope

Towel Drill Fall Program

In addition to working on shoulder strength, stability, and efficiency, an effort must be made in continuing to establish a consistent throwing motion.

Therefore, I have created a 25-repetition towel drill program that should be done 3 times per week starting 6 weeks before tryouts:

<http://www.pitchingdoc.com/fileupload/Pitching%20Newsletters/Pitching%20Handouts/Towel%20Drill%20Fall%20Program.pdf>

When should you start throwing again? I recommend 1 month before tryouts, throwing 3 times per week (2 sessions of long toss, 1 bullpen session)

Hope this helps. Best of luck.

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