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It Disparal Estantions	taria I	ter"	4) Forward Flow	
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A Beneral Plan	territe a	127"	Markoul Eastindary	
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Phases of Getting An Arm Back In Shape

Pre Throw Work for **HS** Athletes

MLB Pitch Smart Pitch Counts and Guidelines Per Age

Jaeger Band Arm Care Routine

4 Periods of the Year for a Pitcher				
	rent Time periods that a pitcher will go through during the 12 month cycle d will be different based on the age of the diaver, length of season, player's			
	s will de arrenent based en the age of the player, length of season, player a femanda, etc. But it is important to understand that there are different			
	what a pitcher is doing fourking on during the year. This is important so that			
te pitziner is steying n ton (reiby when ee	their the second state of			
	id try to eccomplish during each period.			
m-Season				
	san generally starts for most players 2-3 months prior to the first game of			
	upon where you live, this could occur outside on a field or inside in a cage or. Other way, there are a few stables that every plother should follow			
	he upper ing assess.			
· Pre-Care				
o 54	tting up your routine making sure that your arra is getting ready to throw.			
	Banda Proper Stretching Routing			
	Arm Oroles			
	 Arm isometric Movements 			
- Arm Bulk	 Shoulder Tubes 			
	idental aling that your arm needs to be properly re-introduced into the			
th	 Gradually building the dispaces and the amount of times a player 			
	 Graduary building the batterises and the amount of times a payer through during the wrek. 			
	 Key to this process is to listen to your ann. Don't push the 			
	process. Conft Jump right back into where you left off lest war.			
	 This build up senserally takes 3-4 weeks to re-introduce your arm into 			
	fairly depent shape. Not game ready yet or even ready for bull pens.			

4 Periods Of The Year For A Pitcher



Jaeger Band Arm Care Routine