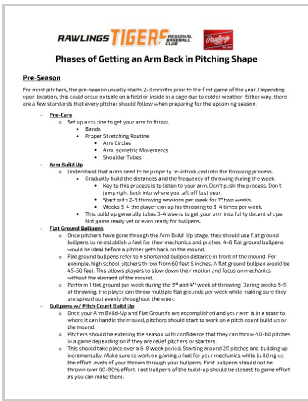




# ARM CARE

[Home](#) » [VIP Access](#) » [Player Development](#) » [Pitching](#) » Arm Care

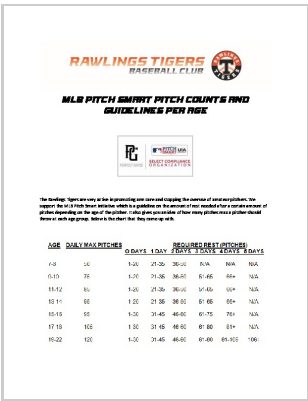
[List](#) [Thumbnails](#)



Phases of Getting An Arm Back In Shape



Pre Throw Work for HS Athletes



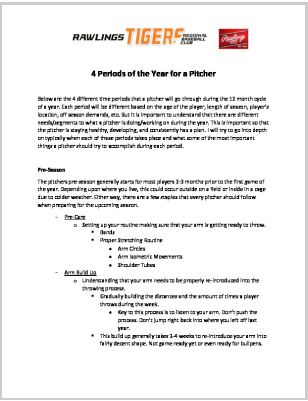
MLB Pitch Smart Pitch Counts and Guidelines Per Age



Jaeger Band Arm Care Routine



[Jaeger Band Arm Care Routine](#)



4 Periods Of The Year For A Pitcher