

Corrective Exercise Program for Pitchers

Exercise	Sets/Repetitions	Description
Bent Forward “Y”	2x10 with a 3 second hold	Wrap a band around a post at ground level. Stand facing away from the post, hinge at the hips, and pull bands forward so you make a “Y” with your body (arms should be overhead)
Lunge Stance Chops	2x8 ea.	Stand perpendicular to a post with bands high on the post. Get into a lunge stance (back leg straight, front leg straight) with the outside leg forward. Pull down the band past your hip without rotating your pelvis, just the torso.
Split Stance Lifts	2x8 ea. with 3 second hold	Stand perpendicular to a post with bands at ground level on post. Get into a split stance (same as lunge stance, except front leg is straight) with inside leg forward. Pull band upwards, across your body to your head without rotating the pelvis, just the torso.
Lunge Stance Rotational Serratus Lift	2x8 ea. with 3 second hold	Stand perpendicular to a post with bands at

		ground level on post. Get into a lunge stance with outside leg forward. Position inside hand in front of body and outside hand behind body. Take inside hand and reach across body, lifting while protracting the scapula. Outside hand should move further back, like you are trying to reach your foot.
Deep Squat with Rotational "Y"	2x8 ea. with a 3 second hold	Place band at ground level on a post. Stand facing away from the post and get into a deep squat with feet further than shoulder width. Put your arms into a "Y" position, hold it and rotate your torso (not your pelvis) to one side and hold. Then rotate to other side and hold.
Aquaball Overhead March with a Twist	2x10 yds (down and back)	Hold an aquaball overhead, with straight arms. Bring knee to hip height, hold, and rotate to the same side as the leg that is up (right leg up, rotate to right). Make sure to not rotate pelvis, just torso.
Aquaball Rotational Punch	2x8 ea.	Hold an aquaball at your chest. Lunge forward and as you land "punch" the

		aquaball forward and across your body to the same side as the foot that is in front. (If you land with your right foot in front, punch to the right)
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