

# Pitching Stretching Program

## Stretches

- **Triceps Stretch:** Raise the involved arm behind your head and bend that arm at the elbow. Hold the involved elbow with your hand and gently pull your elbow toward your head as far as it will go comfortably.



Perform 3 times, hold for 30 seconds

**Posterior Deltoid Stretch:** Raise the involved arm to shoulder height and slightly bend the arm at the elbow. Grasp the involved elbow with the opposite hand and gently pull your arm across the front of your body.



Perform 3 times, hold for 30 seconds

**Sleeper Stretch:** Start by lying on your side with the affected arm on the bottom. Your affected arm should be bent at the elbow and forearm pointed

upwards towards the ceiling as shown. Next, use your unaffected arm to gently draw your affected forearm towards the table or bed.



Perform 3 times, hold for 30 seconds