

# TOSH TIMES

## TOSH Baseball Program Newsletter

Official sports medicine and sports performance provider to



Winter 2018

## It's Not Too Late to Get Into Off-Season Conditioning; Here Are Some Ideas to Help You Do It



**By Michael S. Everett**

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I hope you had a fantastic off-season and are as ready as I am to literally jump into the 2018 baseball season. Like a whirlwind, the holidays have passed us by and within weeks MLB pitchers and catchers will be showing up to spring training.

So how is off-season training going for you and your team? WHAT? You didn't do any off-season training or conditioning? Know this, if you haven't done anything physical for a few months, it's not too late to get started. Our TOSH Sports Training Speed & Agility Program can get you set up and ready in time.

Call us at 801-314-2996 if you'd like our great staff to help you get in shape, or if you'd like to work on baseball-specific skills. If you've been playing other sports over the last few months and have been keeping in good physical shape, it may just be finally time to start working your throwing arm back into shape.

### **General Body and Throwing Arm Conditioning**

Today, I'd like to touch on a few great throwing arm-specific warm-up and conditioning tools out on the market that show great value, and discuss the use of long toss programs to prepare and condition your arm for the season. But first...

### **No matter whether you answered yes or no, now's the time to make sure you're building back your throwing arm for the upcoming season.**

Most college, high school, and super league teams have begun practicing or holding open gyms, which means your throwing arm won't see any relief for another nine months. What you do in the next six to eight weeks will significantly affect how much stronger your arm is for the rest of the season, and how long you can continue into the long season before you develop arm fatigue or potential injury.

How are throwing arm injuries best prevented? If you'll take the time to go back and read the second quarter 2017 TOSH/RMSB [newsletter](#), I discussed proper arm warm-ups, stretching, and strengthening. I also reviewed arm pain warning signs and how to practice smart when arms are tired or sore.

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When you're thinking of throwing-specific strengthening tools, I believe there are a few great products out on the market. Here's a short list of home/team strengthening products that will have an impact on arm conditioning if used appropriately:

#### **Athletic Republic warm-up cord**

- \$98
- Two different resistances
- Single arm use
- Patented two-joint attachment allows grip of a ball
- Comes with instructions and programming

#### **Crossover Symmetry Bands**

- \$195
- Four different resistances
- Bilateral arm use
- Bar grip handle
- Comes with instructions and programming

#### **J-Bands**

- \$35
- Two different resistances
- Bilateral arm use
- Single wrist strap attachment allows grip of ball
- Comes with instructions and programming

#### **Long Toss**

The use of long toss as a tool for arm conditioning has been around for a long time. Multiple long-toss programs are on the internet with varying distances and repetition ideals. There are also many opinions of the exact usefulness of long toss for the throwing arm.

I have my own science-based opinions about long toss and its usefulness. After some research of my own, the best tool I can give you on the subject (and I plead with you to please look up and read this short article) is an article titled [5 Things You Must Understand About Baseball Long Toss](http://mikereinold.com) at [mikereinold.com](http://mikereinold.com).

As with any tool, it will only benefit you if you actually use it (and of course learn how to use it properly). Long toss can be useful and it can be detrimental. Some universal cautions to be aware of:

- No long toss program is a cookie-cutter solution for everyone.
- You should have good arm conditioning habits before beginning to long toss.
- If you have improper throwing sequencing, make proper sequencing a priority before beginning to long toss.
- If long-toss arm and body mechanics are different than your normal throwing biomechanics, then you're doing it wrong.
- If you have to change your normal throwing mechanics to gain more distance or heave the ball, then you're doing it wrong.
- If you change your arm angles or normal ball flight trajectory to make the ball fly further, then you're doing it wrong, since all throws should stay on a line even if it takes one or two hops to get the distance.

I hope these tools will help you get ready for the season in the safest and strongest way possible. Good luck as you prepare for spring baseball 2018!

## Michael

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