

ADULT BASEBALL/SOFTBALL

ShoulderSphere® Instructions for Use

Correct position: ensure your wrist is relaxed and has complete contact against the plastic splint while being securely strapped in by the elastic strap. Relatively tight engagement is necessary in order to optimize the rotator cuff workout. Make sure there is no wiggle room between your wrist and the splint. This also avoids undue stress against the plastic splint, which may cause breakage.

The easiest way of putting on the ShoulderSphere® is to place it on top of your hand -- PALM facing UP - and gently cradle it, making sure that the strap is wrapped securely, particularly the part at wrist level.



Incorrect position: note in the image below how the wrist is tense and flexed against the splint. There is a large gap between the splint and the wrist, which creates undue three-point contact stress against the plastic splint. This will break the plastic splint. There should be no wiggle room in-between the skin and the plastic splint. Incorrect posture prevents an optimal rotator cuff workout.



ARM CARE AND PERFORMANCE PROGRAM

Collegiate - Pro Level

My philosophy is that , for sports specialists, they train the activity to get strong for THAT activity. This is my event driven, activity specific training program. One does not do bench press to get stronger in throwing, one trains throwing motion to get strong in throwing. The closer the athlete mirrors that activity, the better the neuromuscular recruitment for that activity.

ShoulderSphere Baseball Arm Care and Performance Program

Use of the ShoulderSphere will replace ALL other rotator cuff workouts such as elastic bands, J-bands, Cross-Over symmetry, or any weight lifting , shoulder tube, heavy ball tosses .This is because ShoulderSphere is rotationally based training and trains ALL the rotator cuff muscles simultaneously in a multidirectional manner, both concentric and eccentric strengthening. Trains acceleration and deceleration responsiveness up to 6 times per second.

Collegiate

Age group 17-20
Height average 5'10"

Per 9 inning game --

Pitcher -- 80 pitches / average 85 mph
Catcher -- 80 throws / average 60 mph
Fielder -- 30 throws / average 80 mph

Studies show it takes 10 weeks of disciplined training, every other day, to show measurable improvement in shoulder strength and throwing velocity.

Start training preferably 10 weeks prior to the start of season to ensure in-season safety and performance.

PITCHER PROGRAM --

Use the A7 ShoulderSphere and keep the ball rotating to engage the ROTATOR CUFF MUSCLES (RC) . If the ball bounces, RC has lost its engagement. MUST keep the ball rotating in order to reap the benefits of RC strengthening.

Simulate and "mirror" as closely as possible the movement of the pitching/ throwing motion. The goal is NOT to go through the motion quickly, but deliberately and with pace -- about 3 seconds for one cycle of completion of starting from arm slot position go across the body diagonally, then move back up to starting arm slot position. This is to be done all the while keeping the ball rotating within the sphere... no dropping!

Do not need to be concerned with the electronic tracker for throws that stay below 90 mph. IF the pitcher is so good as to say he wants to throw 90 -- then he better be able to simulate the pitch move up down and back up all the while keeping the light of the tracker in RED. (this signifies enough power reserve in the RC to withstand the dislocating force of the shoulder in a 90 mph pitch) -- if unable to keep in red ... then the shoulder will be prone to injury if trying to pitch repeatedly at 90. For overall training purposes, keeping in green light would suffice.

Train only every other day , 3 days a week , to give recovery time and muscle build time.

Week 1 : 5 reps of pitching motion, no stop in between. Must be perfectly executed. Not to rush through motion. Focus on keeping the ball rotating. Rest and stretch 15 seconds before starting set 2. Do total 2 sets. (i.e. Only 10 pitch moves). This takes just about 1 minute including rest time between sets. No need to do more at this time because the rotator cuff muscles are 100 % isolated with the ShoulderSphere -- makes workout so much more efficient and effective. No need to overkill.

Week 2 : 7 reps, 2 sets

Week 3 : 10 reps, 2 sets

Week 4 : 12 reps, 3 sets

Week 5 : 15 reps, 3 sets

Week 6 : 16 reps, 3 sets

Week 7 : 17 reps, 3 sets

Week 8 : 18 reps, 3 sets

Week 9 : 19 reps, 3 sets

Week 10 : 20 reps, 3 sets

SO, by the 10th week, the pitch should be able to simulate total of 60 pitches . This will give confidence in a strong RC to meet the demands of at least 60 pitches in a game.

This may be served as a predictor of "pitch count". If the player is only able to do, for example, 15 reps 3 sets without feeling fatigued, then one may anticipate only pitch 45 times in a game, otherwise will risk injury. The player must demonstrate completion of the above workout program, otherwise injury rate will be high.

e.g. 60 pitches -- must be able to demonstrate ease of use of A7 : 20 reps- 3 sets.

By 10 weeks with disciplined training, I anticipate increase in velocity of 2-4 mph. for fast ball.

CATCHER PROGRAM

Same schedule routine as pitcher -- with the EXCEPTION-- all training needs to be done in the kneeling position as a catcher and motion throws to mirror exactly how it is done in a game.

Event driven, activity specific in order to reap the results of ShoulderSphere program.

FIELDER PROGRAM

Standing throwing motion simulation

Week 1 : 3 reps, 3 sets

Week 2 : 4 reps, 3 sets

Week 3 : 5 reps, 3 sets

Week 4 : 6 reps, 3 sets

Week 5 : 7 reps, 3 sets

Week 6 : 8 reps, 3 sets

Week 7 : 9 reps, 3 sets

Week 8 : 10 reps, 3 sets

Week 9 : 10 reps, 3 sets

Week 10 : 10 reps, 3 sets

In-Season

2x / week at 1/3 volume

Pitcher Catcher 2x/wk 10 reps, 2 sets

Fielder 2x/wk 10 reps, 2 sets.