

# FAQ Baseball / Softball

(1) Is the shoulder sphere better to use for a workout or warming up before throwing or both ?

Many use ShoulderSphere for both — if you have 8 weeks **off-season** for a dedicated rotator cuff power strengthening workout program— you may follow the following video — 30 seconds in each “static” position, followed by 10 motor pattern simulation throws, 2-3 sets, 2-3 x/ week. Measurable improvement in strength and throw velocity by 8-10 weeks for a fantastic rotator cuff.

Static positions —

<https://youtu.be/5cDhUslv4xA>

Motor pattern simulation —

Pitcher —

<https://youtu.be/H6IJV9ebJDQ>

Catcher —

[https://youtu.be/6eVTYLEYf\\_s](https://youtu.be/6eVTYLEYf_s)

Batter —

<https://youtu.be/wrvQxxU2Es4>

<https://youtu.be/HB03P4EMQXo>

For **in-season** — can be used as warm up or cool down tool — 10 quick simulation throws before game or 10 post play. Interesting that I have also studies that show immediate post activation increased throwing velocity effect that lasts 10-30 minutes. More evident in those who are already at the tops of their rotator cuff power. Not as evident for weaker players.

**(PostActivation Potentiation effect)** - for those who use the larger one - do 10 high power (in red light) throwing patterns just prior to throw. (Similar effect as swinging heavy bats a few times just prior to go to bat)

<https://youtu.be/zSODp6e9OOA>

(2) Can you use this while you are using weighted balls ?

Yes, think of shoulder work in the 21st century as building a race car — weighted balls and long tosses are equivalent to building a bigger engine for acceleration training; ShoulderSphere is specific for a better set of tires to match the size of your engine— your rotator cuff deceleration training— these are the yin and yan for stronger and safer shoulder. You can only go as fast as you can slow down without wiping out. One would never have bicycle tires for a Formula 1 racecar.

When using both, just make sure you have a good schedule to stagger workouts. Do not overtrain and get paradoxical fatigue and injury. Don't overload the system.

(3) My weighted ball program is 3 days a week, so when can I do ShoulderSphere ?

Serious ShoulderSphere training - if you use the larger A7 and the program as previously indicated, train no more than 2-3x / week. Stagger it from throwing days. ShoulderSphere is a VERY concentrated rotator cuff work. 2x a wk sometimes is enough. Maintain smooth spin as in the video. Do not bounce the ball.

If you are using the smaller F2, the stress is less and you may use 3-5x per week if motivated.

(4) Incorporate **Power Coaching Rings** as part of objective assessment training tool— the shoulder must have at least an 80 mph decelerator rotator cuff power to be able to pass through blue rings while spinning the larger A7 without touching the ring. True evaluation for power with control. When the arm is fully extended through the ring , it simulates the follow through phase in pitching . Injuries commonly occur in this terminal, follow through phase , to the biceps tendon and the labrum due to insufficient rotator cuff braking power to stop continued forward shoulder translation. This pulls and detaches the biceps and the labrum. This through the ring decelerator exercise is important for prevention of labral tears and biceps tendinitis by improving posterior rotator cuff braking power.

<https://youtu.be/4Ugt50GXSXE>

Rotator cuff is the decelerator to stop the momentum of continued forward moving shoulder during terminal follow through phase of pitching. This terminal end-range phase is when biceps tendon gets tugged and superior labrum experience peel off from attachment on the glenoid— result is your “superior labral tear”

This test of true rotator cuff power predicts injury before injury occurs in those who throw over 85 but lack the braking power to decelerate at 85 in the final phase. Done repeatedly in those with insufficient rotator cuff power will sure doom the shoulder to a labral tear and chronic biceps tendinitis.

Use the ring as preparation for pitch volume/ pitch count. Each pass is equivalent volume of 1 pitch at 80-85 mph rotator cuff peak braking power. Each pass takes ~ 3-5 seconds. ~12 passes per minute. 6 sets of 12 passes gives player the confidence that the rotator cuff will have enough gas to last 72 pitches. That's about a ~6 minute workout. Do this volume pitch simulation of 6 sets of 12 once a week in off-season. Twice a week the routine power drills as in the very first video. ie one day volume simulation train, two days of power train.

When using the smaller F2 in passing through the blue ring, it is equivalent to a 20 mph decelerator rotator cuff power.

Creative benching

[https://youtu.be/MJ4\\_tpbkcgA](https://youtu.be/MJ4_tpbkcgA)

Alternative 10-week ramp up progressive rotator cuff strengthening program as guide —

<https://www.shouldersphere.com/wp-content/uploads/2018/12/Adult-Baseball-Softball-ShoulderSphere-Workout-Program.pdf>

<https://www.shouldersphere.com/wp-content/uploads/2018/04/baseball.pdf>

<https://www.shouldersphere.com/wp-content/uploads/2018/12/Youth-Baseball-Softball-ShoulderSphere-Workout-Program.pdf>