



## BASEBALL INJURIES

Do We Just Take It on the Chin?  
Part 2  
May 8, 2013

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### Three Key Ways to Help Your Young Baseball Player Stay Healthy – *Prepare Physically*

- o PREPARE YOUR BODY PHYSICALLY...
  - Athletes playing demanding sports or at demanding levels, and especially those wishing to “be the best they can be” or “reach the next level” should be involved in some formal off-season program to prepare their bodies.
  - At Peak Performance we analyze young baseball players to identify both their successes and shortcomings, so that areas in need can be addressed.
  - Customizing exercises to address unique individual needs is key
  - Physical restrictions are often at the heart of why an athlete struggles with certain technique or drills given by a coach to improve their throwing or hitting performance. When these limitations are ignored or missed, technical drills will continue to fail at optimizing performance.
  - Eg. Just this week saw young female overhead athlete for Sports Performance Training who was shocked when I found a major restriction of her shoulder blade in her overhead volleyball hitting position – she couldn’t get that dominant side scapula back to allow proper mechanics. *And that just ain’t good!*
    - She still swings at the ball...nobody really notices a major flaw
    - She appears to just need some “technique work”
    - Her apparent successes are being accomplished by other body parts working overtime to make up for the lacking scapular function
    - She’s at definite risk for Rotator Cuff injury or Shoulder Instability
    - I see this same thing regularly in baseball and softball players



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**Call Peak Performance today at 218-0240 to have your baseball or softball athlete take their first step toward improved performance and better health...**

**GET YOUR PEAK PERFORMANCE PERSONALIZED!**

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