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## **MIKE GOLISANO WORKS WITH PENFIELD LITTLE LEAGUE YOUTH**

Over the past month I had the privilege of working with the Penfield Little League. For a half hour of time I was able to teach them how to properly warm up ensuring that they are adequately ready to play ball.

When looking at playing baseball, a lot of people tend to focus on warming up and stretching their shoulder and arm but often times they neglect the rest of the body. When you take time to observe someone throwing a ball they are moving their entire body from their foot all the way to their hand.

So over the half hour time with the kids I tried to convey to them that it is important to warm up not just your shoulder and arm but also your legs, hips and trunk. By doing simple exercises such as lunges with various types of reaches you are able to better warm up your body in order to perform at your peak functional level and avoid possible injury.

Have fun playing baseball and remember to warm up the right way!

Mike Golisano, DPT, FAFS

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