

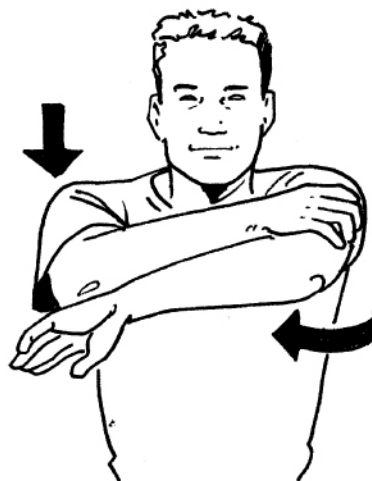
# STRETCHING EXERCISES FOR SUMMER SANDLOTTERS



As you prepare to release the ball, make sure that the front of your body — foot, hip, elbow, knee, and glove — is facing home plate.

## Inferior Shoulder

**Stretch:** Reach overhead and gently pull on the elbow. Continue until you feel a stretching sensation below the shoulder joint. Hold for 10 seconds, then release. Repeat five times on each side.



## Rotator Cuff Stretch:

Hold elbow and gently pull shoulder across the chest, keeping your arms level. Use elbow to push down on lower hand, causing a downward rotation of the arm being stretched. Hold for 10 seconds, then release. Repeat five times on each side.

## Posterior Shoulder

**Stretch:** Stretch the back of the shoulder by gently pulling the arm across the body until you feel resistance. Hold for 10 seconds, then release. Repeat five times on each side.



American Physical Therapy Association

The American Physical Therapy Association (APTA) is a national professional organization representing nearly 70,000 members.

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