5. **Side Throw with Shoulder 90°/90° and Arm in Front** *(Hold ball in hand and rotate the arm to toss the ball to side of you.)*

6. **Deceleration Baseball Throw** *(Hold ball in hand and start with arm in front of you. Then bring your arm back to full cocking position and release the ball backwards.)*

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**References:**


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**Baseball Throwing Warm-up Routine**

**4 Important Shoulder Throwing Range of Motions**

1. Average of 53° of shoulder external rotation

2. Total Arm external rotation between 180° and 210°

3. Horizontal abduction of 14° to 23°

4. Arm abduction of 85° to 100°

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*By: Adam Babitts, PT, DPT*
**6 Warm-up Stretches**
*(Hold each for 30 seconds each)*

1. Shoulder Horizontal Adduction

2. Shoulder Horizontal Abduction

3. Shoulder External Rotation

4. Shoulder Internal Rotation

5. Shoulder Flexion

6. Shoulder Extension

**6 Warm-up Exercises**
*(10 repetitions of each exercise)*

1. Shoulder External Rotation with Elbow at Side *(Bring arm out holding band.)*

2. Shoulder External Rotation with Shoulder at 90°/90° *(Bring arm back while holding band.)*

3. Shoulder Cocking *(Bring arm up and back like you are about to throw while holding band.)*

4. Shoulder Follow Through *(Start with arm at top of throwing motion and bring arm down and across body to opposite hip while holding band.)*