

Great Oak Baseball's Wrist/Upper Extremity Pain

prepared on: Wed, Jun 17, '09

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#	Sets	Reps	Duration	ECise
1	1	20		Supine Foot Circles & Point/Flexes
2	3	20		Sitting Knee Pillow Squeezes
3	1	1	0:01:00	Forearm Stretch
4	1	1	0:03:00	Gravity Drop
5	2	40		Standing Arm Circles
6	1	3	0:01:00	Standing Wall Clock

1

Supine Foot Circles & Point/Flexes

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Repeat this eCise 20 times

Instructions:

1. Lie on your back with one leg extended and the other leg bent and pulled up toward your chest
2. Clasp your hands behind the bent knee
3. Keep the foot on the floor pointed straight up toward the ceiling and your thigh muscles tight
4. Circle the lifted foot one way for the indicated number or repetitions, then reverse direction for the same number of reps
 - * Make sure the knee stays absolutely still with movement coming from the ankle and not the knee
5. For the point/flexes, bring the toes back toward the shin to flex, then reverse the direction to point the foot forward for the indicated number of reps
6. Switch legs and repeat

Purpose:

This exercise promotes proper function of the lower leg muscles and encourages stabilization of the hip joint on the same leg

2

Sitting Knee Pillow Squeezes

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Do 3 sets. Each set consisting of 20 repetitions.

Instructions:

1. Sit on the edge of a chair with your feet pointed straight ahead
2. Place a pillow between your knees
3. Roll your hips forward to place an arch in your low back and hold this position throughout the exercise
4. Squeeze and release the pillow with your knees
5. Repeat as directed on your menu

Purpose:

This exercise promotes bilateral pelvic extension and encourages pelvic stability

3

Forearm Stretch

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Hold this eCise for 01 min.

Instructions:

1. Stand facing a wall about 6 inches away from the wall, with your feet pointed straight ahead
2. Place your palms against the wall with your fingers pointing toward the floor
 - * You should have about a 90 degree angle in your elbows
3. Lean your body slowly closer to the wall without moving your feet
 - * Your ankles, knees, hips and shoulders should remain aligned at all times
 - * Your shoulder blades should glide together as you move toward the wall
4. Hold this position as directed on your menu

Notes:

- * You should feel a slight stretch in your forearms
- * Keep your body in alignment, try not to let you hips get closer to the wall then the rest of your body

Purpose:

This exercise repositions the shoulder while maintaining proper alignment standing.

4

Gravity Drop

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Hold this eCise for 03 min.

Instructions:

1. Wearing rubber soled shoes for traction (tennis shoes, etc.) stand on a step or stairway as though you were climbing upward
 - * Keep your feet parallel, and hip width apart
 - * Hold onto a railing or other object for support
2. Edge your feet backward until your heels are off the stairs and you are hanging onto the stair with the balls of your feet
 - * Make sure the your feet remain pointed straight ahead
3. Let the weight of your body drop your heels off the stair
 - * You will feel a significant stretch in your lower legs
4. Hold as directed on your menu

Notes:

- * The key is to keep your hips over your heels and your shoulders in line with your hips
- * Keep your weight back on your heels, so that you have to hold on to something to stay upright

Purpose:

- * This exercise forces proper loading of all the load joints of the body by physically stacking them one atop the other

5

Standing Arm Circles

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Do 2 sets. Each set consisting of 40 repetitions.

Instructions:

1. Stand with your feet pointed straight and hip-width apart
2. Place your finger tips into the pad of each hand and point your thumbs straight out
3. * This is referred to as golfers's grip and maintaining this hand position is important for the exercise to be done correctly
4. Pull your shoulders back by squeezing your shoulder blades together, then bring your arms out straight from your sides up to shoulder level
5. With palms facing down and thumbs pointing straight forward rotate your hands up and forward in approx. 6 inch circles and continue as directed
6. Then reverse direction: palms should now face up, with thumbs pointed straight backward. Rotate your hands up and backward, continue as directed

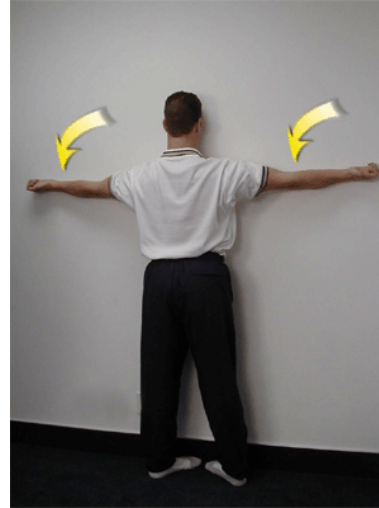
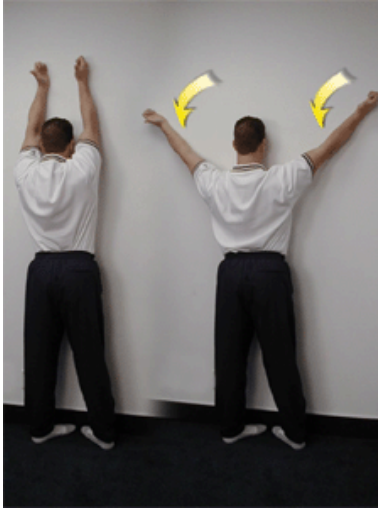
Purpose:

This exercise promotes bilateral lumbar function through thoracic stabilization.

6

Standing Wall Clock

prepared for Great Oak Baseball



Repeat this eCise 3 times

Instructions:

1. Stand facing a wall with toes pointed inward (pigeon-toed) and your forehead against the wall
2. Position 1: Raise your arms directly overhead
 - * Relax your stomach to allow your hips to tilt forward
 - * Make a golfer's grip with your hands (fingers curled toward the palm, thumbs out)
 - * Rotate your thumbs/arms outward from the shoulder (moving the back of your hand toward the wall)
 - * Hold for 1 minute (or as directed on your menu)
3. Position 2: Move your hands down to 45 degrees
 - * Repeat the outward rotation with your arms from the shoulders
 - * Hold for 1 minute (or as directed on your menu)
4. Position 3: Move your arms down to 90 degrees (straight out from your shoulders, parallel to floor)
 - * Repeat the outward rotation with your arms from the shoulders
 - * Hold for 1 minute (or as directed on your menu)
5. Repeat the entire sequence as directed on your menu

Purpose:

This exercise promotes extension throughout the body with proper alignment of the load joints