

Cressey Performance Post-Throwing Stretching Series



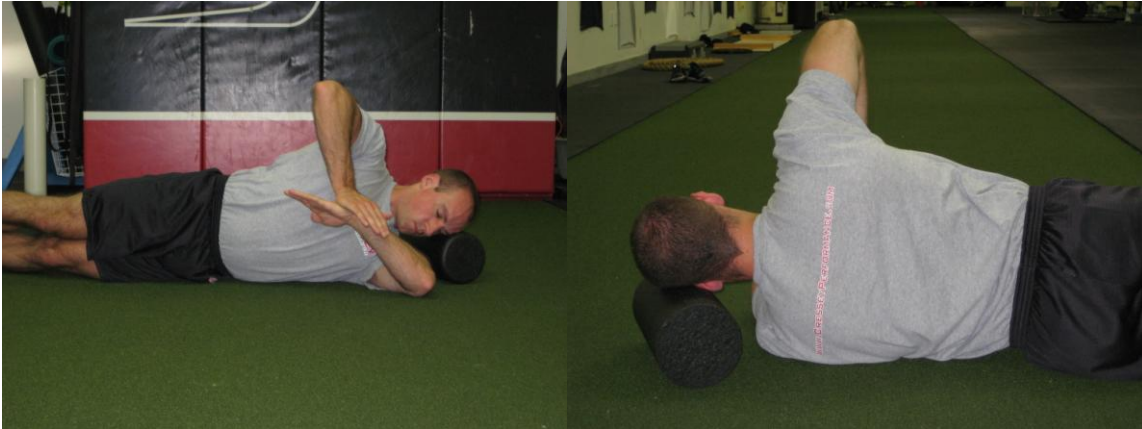
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Sleeper Stretch: 30s, throwing shoulder only

Be sure to keep the shoulder blade locked down and back as you perform this movement. If you can touch your hand to the ground, you are not doing it correctly. Head support is very important – so if you're at the field, just put a ball in your glove and use that.



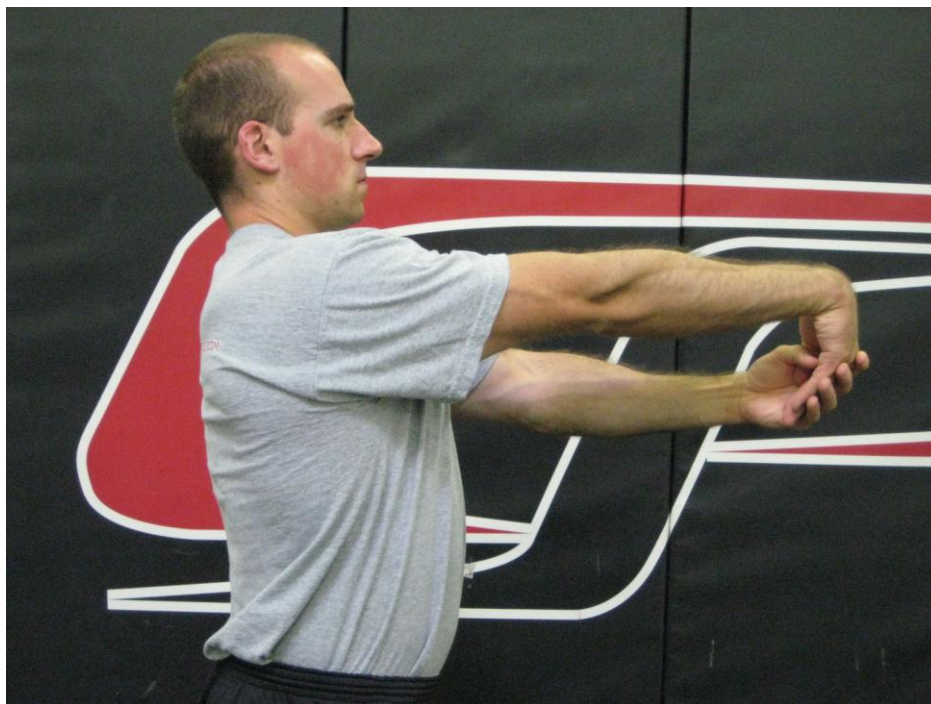
Elbow/Wrist Stretch #1: 30s

Both the elbow and wrist are fully extended (with supination).



Elbow/Wrist Stretch #2: 30s

The elbow is extended, and the wrist is flexed (with pronation).



Levator Scapulae Stretch: 15s/side

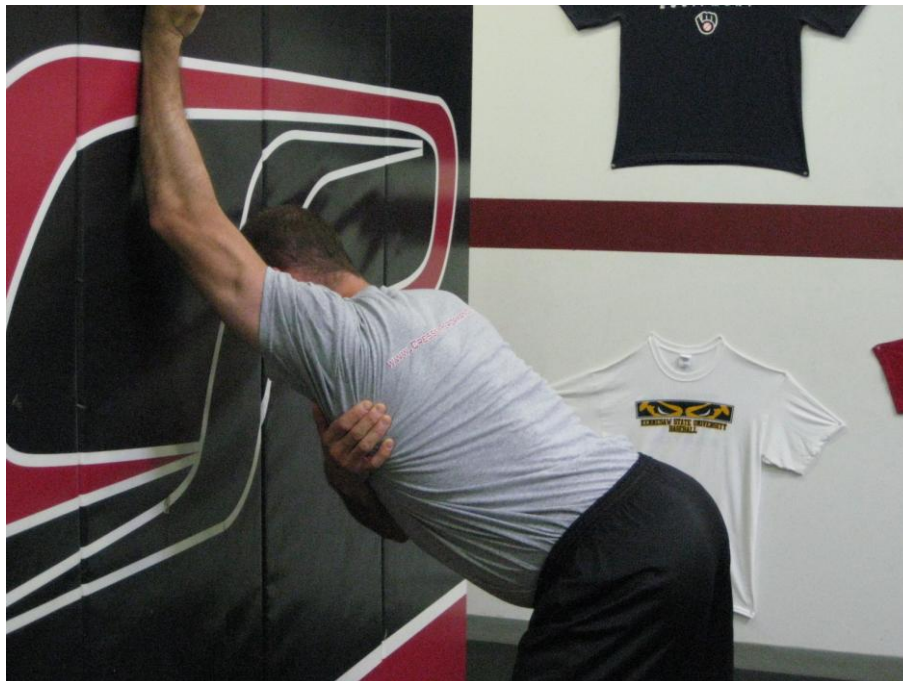


SCM Stretch: 15s/side



Wall Lat Stretch w/Stabilization

Use the opposite arm to reach under and stabilize the scapula down against the rib cage.



Kneeling Heel-to-Butt Stretch

Make sure that your knee is behind your hip in the bottom position.



Knee to Knee Stretch: 30s

You should feel a stretch along the outside of the glutes and/or hamstrings.



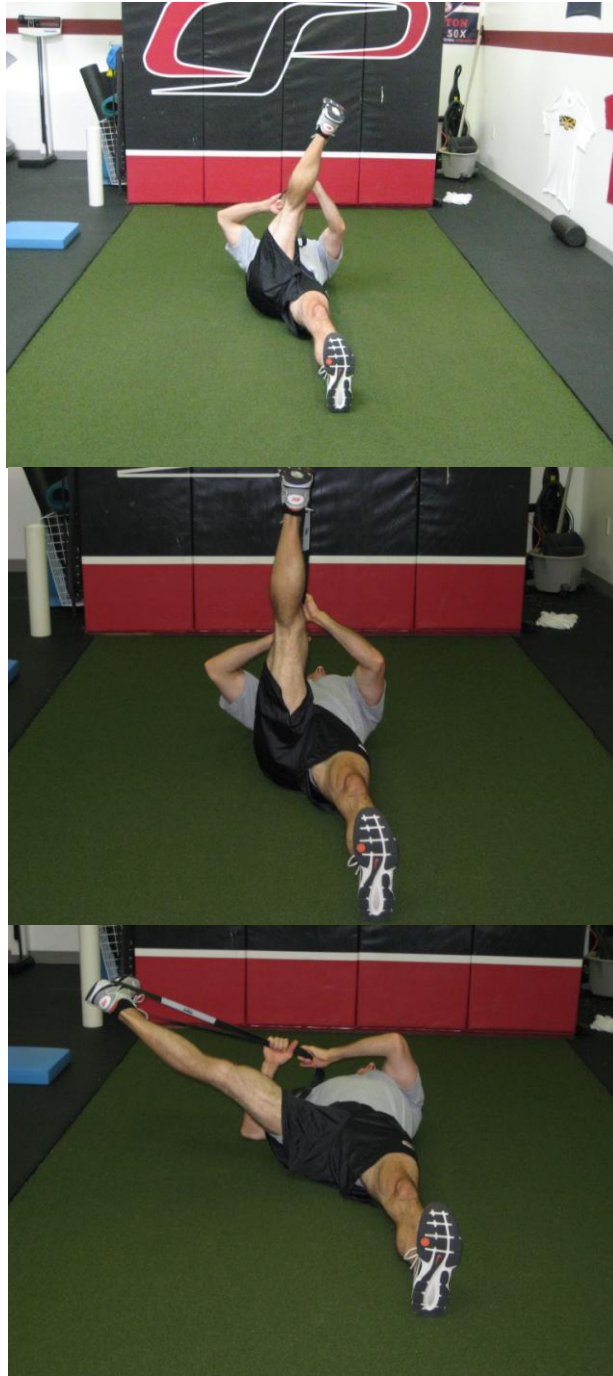
Split-Stance Kneeling Adductor Stretch – Hips Extended: 30s



Split-Stance Kneeling Adductor Stretch – Hips Flexed: 30s



Static Hamstrings Stretch w/Band: 15s each in three positions/side



You can also view the entire soft tissue series we do with all our athletes pre-training [HERE](#).

For more information about Cressey Performance – including its Elite Development Program for collegiate and professional baseball players – please email cresseyperformance@gmail.com or call (978) 212-2688.