

RBA Arm Care Program

If you haven't already, you will experience pain and soreness for pitching or throwing if you choose to go down the same road that everyone else is.

- Medial or inside elbow pain is present in almost 70% of baseball players age 9-19 years old.
- 30% of baseball players with medial elbow pain undergo Tommy John Surgery every year.
- Shoulder pain is present in 30% of all baseball players

Honestly, it seems like soreness and pain are part of baseball but it doesn't have to be.

High School and College age pitchers

- A 500% increase chance of surgery if they pitch greater than 8 months in 1 year.
- A 400% increase in surgery if they throw more than 80 pitches in a game.
- If you throw above 85mph you have a 200% increase in chance of surgery.
- 3600% increased risk of career ending surgery if you pitch when you are sore or fatigued.

We believe that these numbers stem from both poor strength and conditioning and poor injury prevention training techniques. These numbers do not have to be the norm if we train proper.

Most programs out there try to make you throw faster and harder or are how to rehab after an injury. Some of these programs work very well for the athlete who's body is fully grown however there are still a lot of shoulder and elbow injuries with these programs.

Most of major throwing injuries happen in the deceleration phase of throwing or the release. However, we have a doctor approved program that shows the deceleration process starts earlier than just the release of the baseball.

Our program will not only help keep you healthy but also build up the arm and body to improve your velocity, stamina and performance.

This program isn't for everybody. The players who decide to participate in this program must be committed to working hard and pushing themselves. This is not a quick fix and it is a retraining of your muscles so that your arm and body are in the best shape to have success. This program is 2 sessions a week for 8 weeks. We have separated our program into two types of groups. 9 to 12 years old and 13 to 19 year old's.

This program works on the deceleration muscles with the throwing motion. It involves, bands, med balls, plyo balls, and some light dumbbells. The second session each week ends with throwing and max effort long Toss. This is a program put together by an expert Doctor who works with the Phillies and a few other teams. Full body from legs, abs/core all the way through shoulders, back, elbow and forearms. On day one we go through the exercises and do an assessment of velocity, throwing motion and some other things. Then we retest at the end to see progress. It's not necessarily a throw harder program but kids should see improvement in that aspect. Most injuries come from the deceleration phase of throwing. That deceleration isn't just the release of the Baseball as the deceleration process starts in the legs and works through the completion of the throwing motion.

This is an open program and you can start it anytime from October 1 and will go through the middle of March. You can go any night Monday through Thursday, 2 times per week, but we recommend having 1 day in-between sessions. Program starts at 7pm on those nights. You can also to the program back to back if you want.

9 – 12-year-old

1 hour Arm Care Program twice a week for 8 weeks:	\$275
Member Price:	\$233.75
1 hour Arm Care Program twice a week for 16 weeks:	\$500
Member Price:	\$425

13 – 19-Year-old

1 ½ hour arm care program twice a week for 8 weeks:	\$360
Member Price:	\$306
1 ½ hour Arm Care Program twice a week for 16 weeks:	\$650
Member Price:	\$552.50