

## **RBA Arm Care Program**

If you have not 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 aged 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 does not 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 whose 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 is not 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 13- years old and 14- to 19-year-old.

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 is 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 is not just the release of the Baseball as the deceleration process starts in the legs and works through the completion of the throwing motion.

The 16-week program starts week of November 1, 2021 and ends week of March 1, 2022 and the 8-week program starts the week of January 3 and ends the week of February 21, 2022.

**2022 9u – 13u**

1-hour Arm Care Program twice a week Starting week of January 3, 2022 through week of February 21, 2022 for 8 weeks:

NON-Member Price: \$355

Member Price: \$300

1-hour arm Care program twice a week Starting week of November 1, 2021 through week of March 1, 2022 for 16 weeks with 2 weeks off over Christmas Break:

NON-Member Price: \$640

Member Price: \$544

**2022 14u – 19u**

1 ½ hour arm care program twice a week Starting week of January 3, 2022 through week of February 21, 2021 for 8 weeks:

NON-Member Price: \$460

Member Price: \$391

1 ½ hour arm care program twice a week Starting week of November 1, 2021 through week of March 1, 2022 for 16 weeks with 2 weeks off over Christmas Break:

NON-Member Price \$800

Member Price: \$680