



Warm-up and Cool-Down Exercises for Baseball and Softball

Do these exercises as you were shown by your health care provider. The exercises should not cause new or increased pain. If an exercise causes pain, stop doing it right away and relax. If the pain goes away, do the exercise again but do it with less intensity. If the pain does not go away, contact a member of your health care team.

Upper body warm-up exercises

Exercise	How long	How many times
Hand jives	10 seconds	3
Clasped arm circles (in front)	10 seconds	3
Clasped arm circles (overhead)	10 seconds	3
Arm pumps (running in place)	10 seconds	3

Lower body warm-up exercises

Exercise	Direction	Distance
High knee	Forward	20 yards down and back
Buttocks kicks	Forward	20 yards down and back
Carioca	Forward	20 yards down and back
Lunges with rotation	Forward	10 yards down and back
Hip rotation walk	Forward	10 yards down and back
Hamstring calf walk	Forward	10 yards down and back
Shuffle sprints	Sideways	20 yards in each direction

Cool-down exercises

Exercise	How many	How many times
Hanging arm circles (bend forward at waist)	10 to the right	2
	10 to the left	2
Hanging arm swings (bend forward at waist)	10 forward/backward	2
	10 side-to-side	2
Full can straight arm lift	10 with no weights	2
Jogging OR	Forward	100-150 yards
Jumping rope	In place	____ minutes

Ice

Apply ice to your shoulder and elbow as your health care provider has told you to do. Do this for 15 minutes after you do the cool-down exercises.

Contacting your health care provider

If you have questions after you read this information, call the appropriate Mayo Clinic number below and ask to speak with your health care provider.

Phoenix and Scottsdale, Ariz.

480-301-8000

Jacksonville, Fla.

904-953-2000

Rochester, Minn.

507-284-2511

You may also call Mayo Clinic Sports Medicine at 507-266-9100 (Rochester) or 612-313-0520 (Minneapolis) Monday-Friday between 8 a.m. and 5 p.m., or visit its Website at sportsmedicine.mayoclinic.org.