



Welcome to Spring 2021! We are excited for the start of spring sports and proud of our new partnership with the WYBSL! We have many resource available to you on our website [OhioHealth.com/service/sports-medicine](https://ohiohealth.com/service/sports-medicine).

Here are a few recommendations to help you prepare for the upcoming season.

- 1) Parents, if the weather permits, a little preseason conditioning will help your athlete get ready to play and help prevent overuse injuries. Don't worry, you don't need a gym, most exercises can be done at home or in the backyard. For example, play catch for 10-15 minutes, take some swings at whiffle ball or jog a lap or 2 around the block or go for a bike ride. Keep it simple and have some fun! And, don't forget to stretch. Here is link for some stretching ideas for baseball/softball <https://stretchcoach.com/articles/stretch-for-baseball/>.
- 2) Pack a few healthy snacks for long days at the field and plenty of water to stay hydrated. Encourage each player to have their own water bottle. If you need some snack ideas check out this handout on our website <https://www.ohiohealth.com/siteassets/find-a-service/sports-medicine/resources-videos/snacks-for-student-athletes.pdf>. Early in the spring it will be cool but as the season progresses, please plan for the warmer weather. Please dress appropriately for the weather too! Dress in layers and be prepared for changing conditions.

OhioHealth Thrower's Clinic

The OhioHealth Thrower's Clinic is a comprehensive performance program which includes video throwing analysis, biomechanical screening, and individualized corrective exercise programming to promote health and durability, and, improve performance.

performanceclinics@ohiohealth.com
614-566-1786

24/7 Sports Medicine Helpline

(614) 566.GAME (4263)

(844) 360.GAME (4263)

Toll-Free

- + Answer your sports medicine related questions
- + Schedule an appointment – same-day appointments often available

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