

Gearing Up for Baseball & Softball Season



We're rounding second and headed for home. The spring season is right around the corner!

We're excited for the start of the WYBSL season and wanted to share some tips for preparing for the season and staying healthy.

- 1) A little preseason conditioning will go a long way to help your athlete get ready to play and help prevent injuries:
 - Play catch a few times per week before the start of practices. Start light and gradually increase distance and effort.
 - Take some swings off a tee or play whiffle ball with the family!
 - Go for a jog or play running games like tag.
 - Start stretching those tight muscles!
- 2) It's never too early to start a proper [strength training](#) program. Strength training can decrease injury risk by as much as 60%. Plus getting stronger will help you to move better and play better.
- 3) Before games and practices, be sure to complete a proper warmup. You should start with full-body [dynamic stretches](#), then do some muscle activation exercises before starting to throw.
- 4) For long days at the field, pack some [snacks](#) and be sure to bring your water bottle with plenty of water.
- 5) Improper throwing mechanics are common factors associated with injury and any athlete who is considering pitching should undergo an assessment, like our thrower's clinic, with a qualified professional to ensure proper technique.
- 6) Lastly, remember to take care of the cuts and scrapes that can happen with sliding and diving to prevent infections. For care tips, check out our flyer on [Skin Injuries](#).

For more resources and information please visit us online at OhioHealth.com/SportsMedicine

OhioHealth Thrower's Clinic

The OhioHealth Thrower's Clinic is a comprehensive program which includes assessment, video throwing analysis, movement screening, and individualized training to promote healthy training habits, durability, and proper throwing mechanics.

For more information visit us online at OhioHealth.com/AthleticPerformanceClinic or give us a call at (614) 566-1786



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