

DETROIT  
TIGERS  
ROOTS



## HEALTH TIP OF THE WEEK

In sports, injuries are common for all athletes in every level of play. Injuries happen a lot in baseball and softball especially since it's an explosive sport. Staying injury-free is essential for consistent athletic improvement and to lengthen your baseball or softball career.

The best way to stay injury free is to stretch! **Stretching** not only aids injury prevention, but also helps improve your strength and athleticism! Here are some more benefits to stretching consistently.

### Benefits of Stretching:

- Improves agility
- Improves joint health and increases range of motion
- Increases blood flow to the muscles
- Helps maintain flexibility into adulthood
- Prevents injuries
- Improves recovery after exercise
- Reduces muscle tension

Make sure to only do dynamic stretches while warming up and refrain from static stretching until you complete your workout. You can get injured easily from static stretching if your muscles aren't fully warmed up beforehand.



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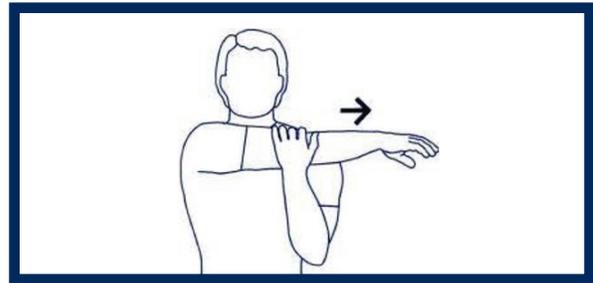
## HEALTH TIP OF THE WEEK

Here are some great stretches for young pitchers!



### TRICEPS STRETCH

1. Stand straight with your feet hip-width apart. Lift and bend one arm until your hand is in the middle of the upper back.
2. Grasp the elbow with the other hand and gently pull.
3. Hold for 10 to 20 second and repeat on the other side.
4. Repeat this series for 3-5 sets.



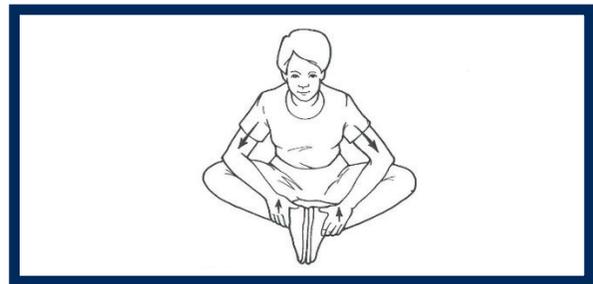
### CHEST/BICEP STRETCH

1. Bring your right arm across your chest.
2. Place it in the crease of your left elbow or use your left hand to support your arm.
3. Hold this position for up to 1 minute.
4. Repeat on the opposite side.
5. Do each side 3-5 times.



### ARM/SHOULDER CIRCLES

1. Stand with your feet shoulder-width apart and extend your arms parallel to the floor.
2. Circle your arms forward using small controlled motions, gradually making the circles bigger until you feel a stretch in your triceps.
3. Reverse the direction of the circles after about 10 seconds.
4. Repeat this exercise 3-5 times.



### GROIN STRETCH

1. Get into a seated position.
2. Bend your knees and bring the soles of the feet together.
3. Hold your feet with your hands and rest your elbows on your knees.
4. Allow your knees to fall toward the ground while keeping your back straight (no slouching). You can apply gentle pressure on the inner thigh by pressing gently on the knees with the elbows.
5. Hold the stretch for 20 to 30 seconds. Release and repeat three times.
6. To increase the stretch, bring the feet closer in towards your groin.