



THE MVP THERAPY BASEBALL ARM CARE CHECKLIST

A Parent & Athlete's Guide to Building a Stronger, Better-Prepared Throwing Arm

MVP Therapy

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ARM CARE IS MORE THAN A BAND ROUTINE

When most people hear "arm care," they think about bands, stretching and a handful of shoulder exercises.

Those things can have a place—but **arm care is much bigger than that.**

A baseball player's ability to throw, perform and tolerate a season depends on more than the shoulder and elbow.

The athlete's:

Strength + Mobility + Coordination + Power + Throwing Exposure + Recovery

all contribute to their ability to handle the demands of baseball.

Use this checklist as a starting point to evaluate your athlete's current habits.

BEFORE YOU THROW

☐ **1. Does your arm feel normal today?**

Before throwing, ask:

"Does my arm feel like it normally does?"

Pay attention to:

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- Shoulder pain
- Elbow pain
- Pain when throwing
- Unusual stiffness
- A heavy or fatigued arm
- Pain that changes your throwing motion
- Pain that continues after throwing

An athlete doesn't have to feel perfect every day.

But new, persistent or worsening pain deserves attention—not simply more throwing.

☐ **2. Do you properly prepare your body to throw?**

Going directly from sitting around to throwing at high intensity isn't ideal.

A good throwing preparation routine should progressively prepare the body for the demands of throwing.

Consider preparing:

- ☐ Hips
- ☐ Trunk
- ☐ Shoulder
- ☐ Scapula
- ☐ Lower body
- ☐ Throwing arm

The goal isn't simply to "stretch."

The goal is to prepare the athlete to produce and tolerate force.

☐ **3. Do you progressively build throwing intensity?**

Your first throw shouldn't be your hardest throw.

A throwing progression should gradually increase the demands placed on the athlete.

Think:

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Easy → Moderate → Higher Intensity

The exact progression should depend on:

- The athlete
 - Position
 - Training history
 - Current workload
 - Today's throwing demands
-

DURING THE SEASON

☐ 4. Are you paying attention to total throwing workload?

Don't look at a single practice or game in isolation.

Consider everything the athlete is doing:

- ☐ Bullpens
- ☐ Games
- ☐ Long toss
- ☐ Warm-up throws
- ☐ Playing multiple positions
- ☐ Showcase events
- ☐ Travel baseball
- ☐ Additional throwing outside of practice

A pitcher who also catches, plays shortstop and attends showcases may be accumulating significantly more throwing than a parent realizes.

Total workload matters.

☐ 5. Is your athlete recovering adequately?

Recovery isn't simply "taking a day off."

Consider:

- ☐ Sleep
- ☐ Nutrition

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- ☐ Hydration
- ☐ Throwing volume
- ☐ Strength training
- ☐ Competition schedule
- ☐ Stress outside of baseball

An athlete who consistently trains hard without adequately recovering may struggle to adapt to the demands being placed on them.

Training creates the stimulus. Recovery allows the athlete to adapt.

☐ **6. Are you noticing changes in performance?**

Pain isn't always the first sign that something isn't going well.

Pay attention to:

- ☐ Decreased velocity
- ☐ Loss of control
- ☐ Reduced throwing endurance
- ☐ Difficulty getting loose
- ☐ Changes in mechanics
- ☐ Arm feeling unusually heavy
- ☐ Needing significantly more time to warm up
- ☐ Decreased performance late in games or practices

A change in performance doesn't automatically mean an athlete is injured.

But a consistent change is worth investigating.

BUILD THE ATHLETE—NOT JUST THE ARM

☐ **7. Is your athlete actually getting stronger?**

A throwing arm doesn't operate independently from the rest of the body.

Baseball players need to develop the ability to:

Produce force → transfer force → control force.

A well-rounded strength program may include:

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- ☐ Lower-body strength
- ☐ Single-leg strength
- ☐ Upper-body strength
- ☐ Rotator cuff strength
- ☐ Scapular strength/control
- ☐ Trunk strength
- ☐ Deceleration/control

A stronger athlete is better prepared to handle the physical demands of their sport.

☐ **8. Are you training mobility where it actually matters?**

More mobility isn't automatically better.

The goal isn't to make an athlete as flexible as possible.

The goal is to have the **appropriate mobility to perform the movements required by baseball.**

Consider:

- ☐ Shoulder mobility
- ☐ Thoracic mobility
- ☐ Hip mobility
- ☐ Rotational movement
- ☐ Individual asymmetries

Mobility should support movement—not become the goal itself.

ARM CARE SHOULD BE INDIVIDUALIZED

☐ **9. Does your athlete have an individualized arm-care plan?**

This is one of the biggest mistakes I see in baseball.

A player finds an arm-care routine online and performs the exact same exercises as everyone else.

But athletes aren't identical.

The right program depends on:

- Age

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- Position
- Training history
- Strength
- Mobility
- Throwing demands
- Injury history
- Current workload
- Performance goals

There is no single arm-care routine that is perfect for every baseball player.

KNOW WHEN SOMETHING ISN'T RIGHT

☐ **10. Are you recognizing the warning signs?**

Don't simply assume an athlete needs more bands, more stretching or more ice when something isn't right.

Consider having your athlete evaluated if you notice:

- ☐ Persistent shoulder or elbow pain
- ☐ Pain during throwing
- ☐ Pain that worsens with continued throwing
- ☐ Recurring throwing-related symptoms
- ☐ Loss of velocity or control
- ☐ Significant changes in mechanics
- ☐ Decreased throwing tolerance
- ☐ Symptoms that aren't improving
- ☐ An athlete repeatedly dealing with the same problem

The goal isn't to see how much pain an athlete can tolerate.

The goal is to understand what is causing the problem and determine the appropriate next step.

YOUR ARM-CARE SCORECARD

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How does your athlete currently stack up?

Area	Check
Arm feels normal before throwing	☐
Athlete completes an appropriate warm-up	☐
Throwing intensity is progressively increased	☐
Total throwing workload is monitored	☐
Athlete is recovering adequately	☐
Strength training is part of the program	☐
Lower body and trunk are being trained	☐
Athlete is developing arm strength/capacity	☐
Performance changes are being monitored	☐
Athlete has an individualized plan	☐

8–10 checked

You're building many of the habits that support a well-rounded baseball training program.

5–7 checked

There may be opportunities to improve your athlete's preparation, training or recovery.

0–4 checked

It may be worth taking a closer look at your athlete's current training and throwing program.

This scorecard isn't a diagnostic tool. It's simply a starting point for identifying areas worth discussing with a qualified professional.

HOW I APPROACH ARM CARE AT MVP THERAPY

ARM CARE ISN'T ONE-SIZE-FITS-ALL

As a **Certified ArmCare Specialist and ArmCare Biomechanist**, I use the **ArmCare.com system** as one tool within my baseball assessment and training process.

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ArmCare.com can provide objective information about an athlete's throwing-arm capacity and help guide individualized training.

But I don't believe the throwing arm should be evaluated in isolation.

At MVP Therapy, I look at the **whole athlete**, including:

ARM CAPACITY

How well can the athlete produce and tolerate force through the throwing arm?

STRENGTH

Can the athlete produce and control force throughout the body?

MOBILITY

Does the athlete have the movement capacity needed for their sport?

COORDINATION

Can the athlete efficiently coordinate the different parts of their body?

MOVEMENT

How does the athlete move during baseball-specific tasks?

THROWING DEMANDS

What are the actual demands being placed on the athlete?

TRAINING & WORKLOAD

Does the athlete's training appropriately match their current workload and goals?

PERFORMANCE

What can we do to help the athlete become a better-prepared baseball player?

THE MVP PHILOSOPHY

DON'T JUST TRAIN THE ARM.

TRAIN THE ATHLETE.

A baseball player's throwing arm is connected to everything else they do.

The goal isn't simply to give an athlete more exercises.

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The goal is to identify what **that individual athlete** needs and build a plan around it.

That might mean improving:

Strength

Mobility

Arm capacity

Coordination

Power

Movement quality

Throwing preparation

Recovery

or a combination of all of them.

WANT TO KNOW WHERE YOUR ATHLETE STANDS?

A checklist can help you identify potential areas of concern.

But it can't tell you exactly what **your athlete** needs.

At MVP Therapy, a baseball evaluation is designed to provide a more individualized look at your athlete's:

- Strength
- Mobility
- Movement
- Coordination
- Arm capacity
- Throwing demands
- Training history
- Performance goals

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BASEBALL PERFORMANCE & INJURY EVALUATION

\$150

Get a better understanding of where your athlete is today—and what they can work on moving forward.

BOOK YOUR EVALUATION

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mvptherapist.com



<https://scheduling.go.promptemr.com/onlineScheduling?w=2371&s=DL>

ABOUT MVP THERAPY

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MVP Therapy was created to provide athletes and active individuals with individualized, one-on-one physical therapy and performance care.

IMPORTANT NOTE

This checklist is provided for general educational purposes and is not intended to diagnose, treat or prevent any medical condition or injury. Baseball players experiencing pain, injury or other concerning symptoms should be evaluated by an appropriately qualified healthcare professional.