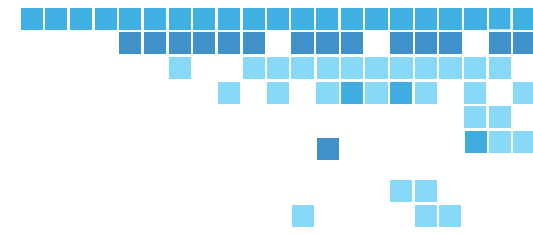


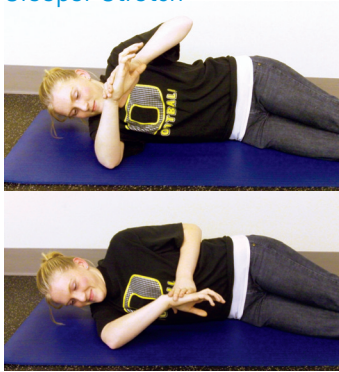
THE KOR

PHYSICAL THERAPY
ATHLETIC WELLNESS



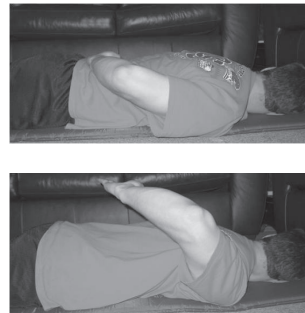
KOR-4-SOFTBALL

Sleeper Stretch



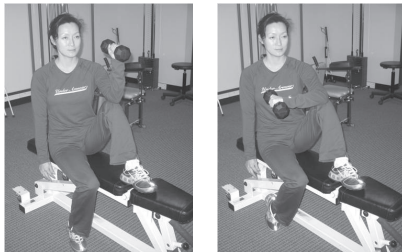
30 sec x 4

Hand Behind Back



0-3 lbs.
2 x 12

External Rotation on Knee



3-5 lbs.
2 x 12

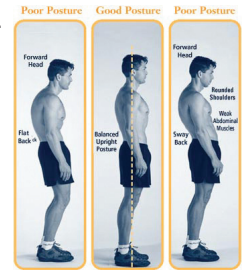
Mid Trap Lift



3-5 lbs.
2 x 12

QUICK TIPS FOR INJURY PREVENTION

- **Poor posture** predisposes injury.
- **“Active rest”** on off days is crucial to preventing overuse injuries (walking, light activity, nothing strenuous).
- **Proper form** and good mechanics keep the shoulder joint in a stable position to generate power.
- **Pain** is your body’s warning of dysfunction. When you feel pain, take a rest from throwing for 1-3 days. If pain persists upon return to throwing, seek attention from your physician or physical therapist.



735 SW 158th Avenue | Ste 160 | Beaverton, OR 97006

PH: 503.597.0035 | FX: 503.296.2985

www.thekorpt.com

