

Cressey Performance Post-Throwing Stretching Series



Created by Eric Cressey

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Sleeper Stretch: 30s, throwing shoulder only

Be sure to keep the shoulder blade locked down and back as you perform this movement. If you can touch your hand to the ground, you are not doing it correctly. Head support is very important – so if you're at the field, just put a ball in your glove and use that.



Wall Triceps Stretch: 30s/side



Wrist Flexors Stretch: 30s



Wrist Extensors Stretch: 30s



Levator Scapulae Stretch: 15s/side



SCM Stretch: 15s/side



Elevated Warrior Lunge w/Overhead Lateral Reach: 30s/side



Kneeling Heel-to-Butt Stretch
Make sure that your knee is behind your hip in the bottom position.



Knee to Knee Stretch: 30s



Kneeling Rock Back Stretch: 30s **Get your knees out, and then sit back, keeping your arch.**



Static Hamstrings Stretch w/Band: 15s each in three positions/side



You can also view the entire soft tissue series we do with all our athletes pre-training at the following link:

<http://ericcressey.com/the-cressey-performance-foam-roller-series>

For more information about Cressey Performance – including its Elite Development Program for collegiate and professional baseball players – please email cresseyperformance@gmail.com or call (978) 212-2688.