

BASEBALL ARM CARE ROUTINE

Any Routine, Every Throw Day. The Days Off Are Not Your Choice.

What Is Actually Happening

Arm care is not a product and it is not something you start when the shoulder hurts. It is five minutes of bands before you throw and five minutes after, on every single day you throw, healthy or not. Which routine matters less than doing it every time.

Before You Throw, 5 Minutes

1. Bands on the fence. Internal rotation, external rotation, the full J-Band routine or the one your coach gave you.
2. Arm circles, small to big, both directions.
3. Long toss builds up. Never the first throw at full effort, never cold.

After You Throw, 5 Minutes

1. Bands again, lighter, higher reps. This is the half everybody skips.
2. Water and the electrolyte serving. Sodium now is the arm not tightening up tonight.
3. Food within the hour. The shake page has the recipe.

The Day After A Start

Bands, a walk, food and water. No lifting, no bullpen, no proving you are fine. The pitchers in a sling by June are the ones who skipped this.

Pitch Smart: Pitches And Rest Days By Age

Age	Daily max	0 days rest	1 day	2 days	3 days	4 days
7 to 8	50	1 to 20	21 to 35	36 to 50	n/a	n/a
9 to 10	75	1 to 20	21 to 35	36 to 50	51 to 65	66 to 75
11 to 12	85	1 to 20	21 to 35	36 to 50	51 to 65	66 to 85
13 to 14	95	1 to 20	21 to 35	36 to 50	51 to 65	66 to 95
15 to 16	95	1 to 30	31 to 45	46 to 60	61 to 75	76 to 95
17 to 18	105	1 to 30	31 to 45	46 to 60	61 to 80	81 to 105
19 to 22	120	1 to 30	31 to 45	46 to 60	61 to 80	81 to 105

Source: USA Baseball and MLB Pitch Smart. A rest day means no pitching in a game. Warm up and bullpen pitches count. Your league may be stricter, and stricter wins.

Stop And Tell Someone

1. Pain in the elbow or shoulder that changes how you throw.
2. Numbness or tingling in the fingers.
3. Velocity that drops mid-outing for no reason.
4. Pain that is still there the next morning.

None of that is toughness. All of it is a conversation with a coach, an athletic trainer or a doctor before the next throw.

The Bottom Line

Bands before, bands after, the rest days the table says, and the day after a start off. The throwing workload calculator that does the counting is at uncommittedu.com/training.

[Uncommitted University](#) | [Complete Player Development](#) | Not medical advice. Any arm pain is a doctor or athletic trainer conversation, not a page on the internet.