



# CORE STRENGTHENING FOR BASEBALL

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Often times when we think of hitting and throwing a baseball, we think of strengthening our arms and legs. However, as many of you know now, our power comes from our core. If we don't use our scapular and core muscles to stabilize, we will eventually break down along the kinetic chain which can result in injury.

Our core muscles consist of many different muscles that stabilize our trunk and pelvis. Some of these muscles are: transverse abdominus, rectus abdominus, external and internal obliques, erector spinae, gluteus maximus and multifidus. As we learn to recruit these muscles together, we create a better balance and can then generate power to our arms and legs. Many new young pitchers end up injuring their elbow not only due to poor pitching mechanics but also due to a weak core. Here are a few exercises to help keep your trunk strong:

Plank: Begin with your forearms and toes on the floor. Tighten your stomach and lift your knees off the ground so your trunk is in one straight line. Hold for 30 seconds and repeat 3 times.

Side Plank: Begin laying on your side with your forearm resting on the floor and your elbow directly under your shoulder. Straighten your legs so one is on top of the other and lift hips up so you are in one straight diagonal line. Hold for 30 seconds and repeat 2 times on each side.

Alternating leg kick: Begin by laying on your back with your hips and knees bent at 90 degrees. Tuck your chin and lift your head from the floor- keep your arms lifted from the ground but pointed down towards your feet. Alternate straightening one leg at a time while keeping your trunk from side bending. Continue for 30 seconds and repeat 3 times.



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