



Are you eager to play softball again this season?



If so, be sure to hydrate and dynamically stretch before and during the game to avoid injuries. Stretching before you play loosens your muscles and joints, helping to prevent injuries and improve your ability to perform on the field. Below are a few simple dynamic stretches to incorporate before every game.

The pitcher isn't the only one prone to shoulder pain. Chances are if you're on the field you will be throwing the ball and swinging the bat and can benefit from this stretch:



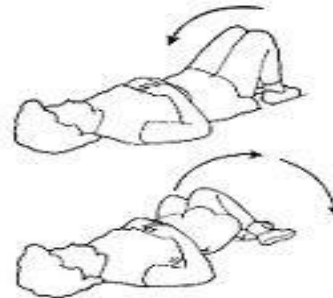
Arm Swings

1. Stand tall and hold arms out to your side.
2. Slowly swing your arms back and forth across the front of your body.
3. Repeat this continuous motion for 30 seconds.

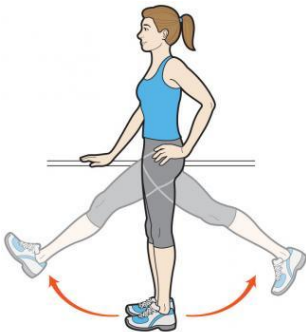
Back injuries can occur from constant twisting of the trunk while throwing and batting. The following stretch will help prepare you for the game:

Trunk Rotations

1. Lay on your back with your knees bent.
2. With knees slightly bent, turn from side to side keeping feet on the floor.
3. Complete a total of 15-20 full swings.



Because you'll be running the bases and chasing down fly balls and line drives, your lower body needs stretches, as well. Start off with this dynamic stretch:



Leg Swings

1. Start by standing with your feet shoulder width apart and hands on hips.
2. Keeping your upper body straight swing one leg forward and backward.
3. Do not swing your leg so hard that you cannot keep your upper body from moving.
4. Repeat for 10 full swings and repeat on other leg.

Don't forget to bring plenty of water and add in throwing and jogging before you take the field. Enjoy the game!!