



Central Bucks YMCA & Bucks Physical Therapy's
FREE SHOULDER ASSESSMENTS
to baseball & softball players of all ages!!!



Shoulder and elbow injuries occur in baseball and softball due to imbalance of flexibility and poorly conditioned throwing arms. **Prevention** is key! While not all injuries can be prevented, most shoulder and elbow injuries can. Muscles of the shoulder are underdeveloped and then become overused, which results in increased strain placed upon both the shoulder and the elbow. Many of these injuries are completely preventable through proper screening, conditioning exercises and throwing activities before and during the season.

This program, in conjunction with following the pitch count guidelines, will help ensure a fun filled, injury free season.

We want to help prevent shoulder and elbow injuries!
For more information call
#(215) 672-7373.



BUCKS PHYSICAL
THERAPY
Sports Rehabilitation & Aquatics