

Resources

JAEGER SPORTS

WHAT IS ARM CARE?



ARM CARE IS PRIORITIZING THE HEALTH OF YOUR ARM

PREPARE THE ARM FOR THE ACTIVITY IT IS GOING TO DO

Example: Do Arm Circles and J-Bands™ before you throw.

PRIORITIZE RECOVERY FOR THE ARM

Examples: Icing after throwing. Running after throwing for blood flow.

LISTEN TO YOUR ARM

Each individual is different. Each individual will need a little different Arm Care Program for optimized results