**Supplemental Table 1:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Player** | **Position** | **Stretch** | **Non-Dominant** | **Dominant ROM** | |
| **ROM** | **Before** | **After** |
| **1** | Catcher | SI joint | 68 | 68 | 63 |
| **2** | Pitcher | Sleeper | 79 | 70 | 79 |
| **3** | Outfield | SI joint | 74 | 65 | 69 |
| **4** | Outfield | SI joint | 78 | 70 | 84 |
| **5** | Pitcher | SI joint | 75 | 71 | 73 |
| **6** | Outfield | Sleeper | 74 | 74 | 69 |
| **7** | Infield | Sleeper | 69 | 71 | 78 |
| **8** | Infield | SI joint | 82 | 65 | 76 |
| **9** | Pitcher | SI joint | 65 | 69 | 72 |
| **10** | Infield | Sleeper | 78 | 68 | 67 |
| **11** | Pitcher | SI joint | 75 | 63 | 60 |
| **12** | Catcher | Sleeper | 71 | 78 | 82 |
| **13** | Infield | SI joint | 65 | 71 | 73 |
| **14** | Infield | Sleeper | 69 | 74 | 74 |
| **15** | Pitcher | SI joint | 75 | 56 | 72 |
| **16** | Outfield | SI joint | 64 | 61 | 81 |
| **17** | Outfield | SI joint | 77 | 58 | 66 |
| **18** | Pitcher | SI joint | 81 | 67 | 80 |
| **19** | Pitcher | SI joint | 75 | 58 | 67 |
| **20** | Pitcher | SI joint | 81 | 66 | 73 |
| **21** | Pitcher | Sleeper | 81 | 59 | 66 |
| **22** | Pitcher | SI joint | 87 | 59 | 69 |
| **23** | Pitcher | Sleeper | 70 | 55 | 62 |