Complete Chiropractic Healthcare

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The 3 Myths of Pitching Mechanics

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Myth #1: Have a Balance Point During The Leg Kick

This was disproved in this 2004 study:

THE RELATIONSHIP BETWEEN BALANCE AND PITCHING ERROR IN COLLEGE BASEBALL PITCHERS

Compared to pitchers with NO balance points, pitchers with balance points had:

MORE head movement / LESS accuracy / DECREASED velocity

and led to this conclusion

> Based on the results of this study, we cannot recommend the indiscriminate practice of the balance-point position by college baseball pitchers to reduce pitching error. How-

Myth #2: "Tuck Your Glove"

I addressed this myth in this 2008 newsletter:

What Does The Glove Do During The Pitch?

December 10, 2008

Simply put, **MORE glove movement = LESS accuracy**

Just like hitting where minimal hand movement produces a more consistent swing, less glove movement produces a more consistent release point.

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Myth #3: "Follow Through" When Pitching

This myth causes many kids to bend their back too early like this:

yet NO POSITION PLAYER throws like this. Why not?

Because **bending your back DECREASES accuracy.**

This 2008 study:

> **Relationships between ball velocity and throwing mechanics in collegiate baseball pitchers**

found that **pitchers who turn their shoulders the quickest had the highest velocities** ("increased upper trunk rotation angular velocity"):

> REL, and forward trunk tilt at REL. Ball velocity would be increased by: (1) larger body mass; (2) a shorter interval from SFC to MER; (3) increased knee flexion at SFC; (4) increased elbow flexion at SFC; (5) the later the head moved forward relative to the hips; (6) increased maximum shoulder external rotation; (7) increased elbow flexion angular velocity; (8) increased upper trunk rotation angular velocity; (9) in-

Have A Question About this Newsletter?

Call (631-352-7654) or email (PitchingDoc@msn.com) Dr. Arnold!