

## In-Season Eccentric Shoulder Training

July 15, 2013

A [new study](#):

### Glenohumeral Findings on Magnetic Resonance Imaging Correlate With Innings Pitched in Asymptomatic Pitchers

suggests a threshold for career innings pitched and rotator cuff injury in MLB pitchers:

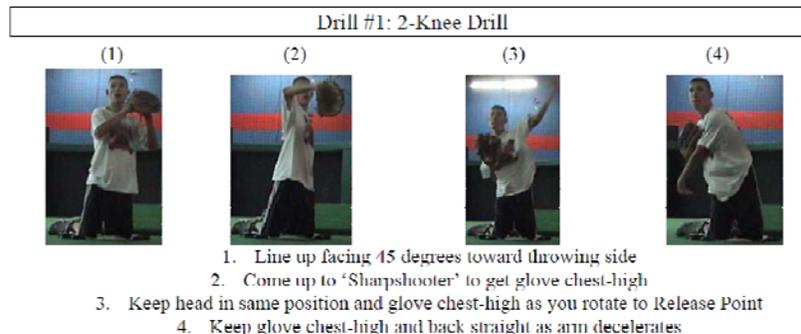
by the data in this investigation, as it appears that **pitchers who had at least a partial rotator cuff tear pitched more than 800 innings, whereas pitchers who did not have rotator cuff lesions pitched fewer than 800.** Further, a moderate

and points to the eccentric (lengthening) contraction of the rotator cuff during the "Follow Through" to be a significant cause of shoulder injury:

tors during acceleration.<sup>9,10,18,23</sup> It is **the repetitive, eccentric loading of the rotator cuff that is postulated to put the rotator cuff at risk for injury**, because the cuff prevents glenohumeral distraction.<sup>6,7,15</sup>

### Are You Doing Your Eccentric Training to Help Prevent Injury?

Use a 2-pound medicine ball in a 3-repetition set:



- Hold on to the medicine ball for the 1st and 2nd repetition  
(This strengthens the rotator cuff during the eccentric contraction of the "Follow Through")
- Throw the medicine ball into a wall for the 3rd repetition
- Repeat 10 times, followed by [3 1-minute sets of weighted jump rope](#) to further strengthen the rotator cuff.

## Questions About This Newsletter?

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

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