

## Do Pitching Mechanics Change After Surgery?

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Surgery to repair the pocket of the shoulder called the labrum, known as the "SLAP tear", has increased 458% in the past 10 years.

And since only 57% of pitchers return to their previous pitching ability, do pitching mechanics change after surgery?

Now a new study say YES:

### **Deficiencies in Pitching Biomechanics in Baseball Players With a History of Superior Labrum Anterior-Posterior Repair**

Specifically...

**Pitchers after SLAP shoulder surgery were 12.3% more upright at ball release,** with a forward tilt trunk angle of 30.2 degrees compared to 34.4 degrees in pitchers with no surgery history.

As a result, the researchers concluded:

sample size). Thus, when working with a pitcher with a history of SLAP repair, a coach may want to emphasize drills to ensure proper forward trunk tilt through ball release. For example, some pitching coaches employ a towel drill for a pitcher who stands too upright in his delivery. In

What is the towel drill?

[You can click here to see the towel drill encouraged by the National Pitching Association.](#)

## Have A Question About This Newsletter?

Contact ([PitchingDoc@msn.com](mailto:PitchingDoc@msn.com) / 631-352-7654) Dr. Arnold!