

Why Baseball Pitching Video Analysis?

Baseball Injuries Continue to Increase:

- ✓ Arm injuries in youth baseball players have increased by nearly 600% since 2000.¹
- ✓ In 2004, nearly 1 in 5 little league pitchers pitched with elbow (18.9%) or shoulder (18.6%) pain and >20% used pain relievers for pitching-related pain.²

Why Are They Increasing?

- ✓ Although year-round baseball and pitching while tired are the biggest risk factors for baseball,³ another significant risk factor is IMPROPER MECHANICS due to the teaching of incorrect pitching techniques:

“Baseball is a game of failure taught by negative people in a misinformation environment.”

-Tom House

Co-founder, National Pitching Association

Pitching Video Analysis: seeing is believing

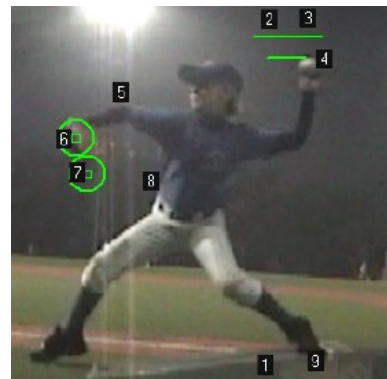
- ✓ It is estimated that 65% of people are visual learners⁴. As a result, watching video can be invaluable for learning proper mechanics.
- ✓ Video analysis will initiate changes on several levels. Note the differences between the left and right pictures after an analysis was done:

Before



- Higher position of both glove and throwing elbows
- Greater body control (note how the 2 lines are closer on the right)
- Greater glove control (note how the 2 circles are closer on the right)
- More weight transferred onto the front leg
- Longer stride

After



So call (925-321-4668) or email (PitchingDoc@msn.com) Dr. Arnold to find out how video analysis can benefit your progress as a baseball player.

Reference:

1. “Arm injuries soaring in little league pitchers” posted on www.reuters.com/article/healthNews/idUSCOL65159020080626
2. UNC Baseball Study www.uncbaseballstudy.com/yearone.html
3. Olsen SJ. Risk Factors for Shoulder and Elbow Injuries in Adolescent Baseball Pitchers. *Am J Sports Med* 2006; 34(6): 905-912
4. “How Do Kids Learn?” posted on www.4therapy.com/consumer/life_topics/article/6447/490/How+Do+Kids+Learn%3F