4 Phrases to Pitch By

January 4, 2010

Before we get to the newsletter:

**Is your arm ready to throw 3,000 pitches in 2010?** Make sure you make an appointment with Dr. Arnold for a Pre-season shoulder exam: [www.completechiropractichealthcare.com/base/documents/349/Preseason_Exams/Preseason_Baseball_Exam_Program_Flyer.pdf](http://www.completechiropractichealthcare.com/base/documents/349/Preseason_Exams/Preseason_Baseball_Exam_Program_Flyer.pdf)

How important is the exam?

"The pre-season orthopedic exam that Dr. Arnold performed on our 12-year old son was extremely beneficial. Dr. Arnold was very thorough in examining his back, shoulder, and range of motion and demonstrated specific exercises and stretches that will prepare him for his little league season. Most importantly, we feel that Dr. Arnold truly cares about the physical well-being and athletic success of our child!" - Karen

Now, on to the newsletter...

As the baseball season is now upon, here are 4 phrases I've developed over the past 5 years that can help guide your pitching development:

**Phrase #1:** "The quicker you go, the harder you throw."

I wrote a newsletter on 10 ways to increase velocity: [www.completechiropractichealthcare.com/base/documents/349/Pitching_Newsletters/10_Ways_To_Increase_Velocity_11.24.08.pdf](http://www.completechiropractichealthcare.com/base/documents/349/Pitching_Newsletters/10_Ways_To_Increase_Velocity_11.24.08.pdf)

based on a 2008 study:


The #1 factor affecting velocity was body mass. REMEMBER: Momentum = Mass x Velocity. As momentum increases, so does velocity.

So... USE YOUR HIPS!!!!!
According to the National Pitching Association, for every inch your head drops during the pitch, you lose 2 inches of release point.

Head drop sends energy down rather than forward, creating friction that decreases momentum and shortens your stride.

Not only does head drop cause release point problems, but a 2004 study (click here for the study) found head drop from the balance point decreases both accuracy and velocity:


The balance point caused so much head drop, accuracy & velocity problems that the researchers concluded:

"Based on the results of this study, we cannot recommend the practice of the balance point position to reduce pitching error."

**Phrase #3:** "Don't tilt and bend. Rotate and extend."

Many coaches still teach kids to do things when pitching that include

"Follow through" / "Finish your pitch" / "Grab some dirt" / "Throw over the top" / "Get on top of the ball".

All of these cause the back to bend too early and the shoulders to tilt to the point that it increases elbow strain.

Another factor found to increase velocity from the 2008 study mentioned in Phrase #1 is quicker shoulder rotation (Factor #8 in the newsletter).
The upper body was meant to turn, not tilt. Turning the shoulders and extending the back helps maximize velocity:

just like they do in other sports:

**Phrase #4:** "'Hit the Wall' to have control of the ball."

The goal of EVERY throw is to have the same release point. To have a consistent release point, you have to have body control.

Your hips build momentum, but it's your front leg that controls momentum:
If you can get your front leg to be strong enough to control your momentum and NOT fall off to the side after each pitch, causing release point problems:

![Pitching Image](image)

you can get that consistent release point and maintain control of your pitches.

**Not sure if you currently follow these 4 Phrases?**

Call/email Dr. Arnold to have a pitching video analysis done:


Hope this helps. Best of luck this year!

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