

Dr. Arnold's Arm Injury Prevention Exam

Did You Know?

Rotator cuff weakness can increase arm injury risk by 39%^[1]

Flat feet can increase arm injury risk by 270%^[2]

1. Byram, I.R., et al., *Preseason shoulder strength measurements in professional baseball pitchers: identifying players at risk for injury*. Am J Sports Med, 2010. 38(7): p. 1375-82.
2. Feigenbaum, L.A., et al., *The association of foot arch posture and prior history of shoulder or elbow surgery in elite-level baseball pitchers*. J Orthop Sports Phys Ther, 2013. 43(11): p. 814-20.

Are You At Increased Risk for Arm Injury?

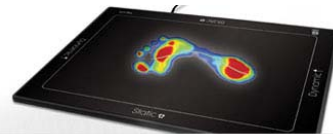
Make an appointment with Dr. Arnold where he will perform:

- ✓ **Shoulder muscle testing** with the JTECH Tracker Freedom System:



- ✓ **A foot arch analysis** with GaitScan

GaitScan
Featuring TOG Client Software



"An ounce of prevention is worth a pound of cure"

-Henry de Bracton

Call **(631-352-7654)** or email **(PitchingDoc@msn.com)**
Dr. Arnold to schedule an appointment today!