

## Why Baseball Pitching Video Analysis?

### Baseball Injuries Continue to Increase:

- ✓ Arm injuries in young baseball players have increased by nearly 600% since 2000.<sup>1</sup>
- ✓ 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.<sup>2</sup>

### Why Are They Increasing?

- ✓ While year-round baseball is the #1 risk factor for arm injury,<sup>3</sup> 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

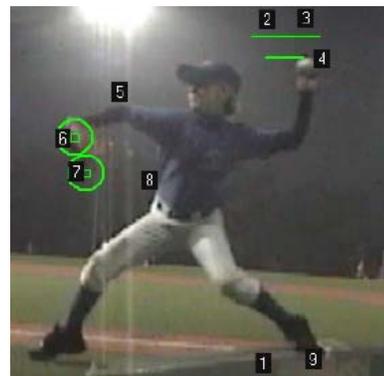
- ✓ As an estimate 65% of people are visual learners<sup>4</sup>, video can be invaluable for learning.
- ✓ Video analysis will initiate changes on several levels. Note the differences between the left and right pictures after an analysis was done:

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 (631-352-7654) or email ([PitchingDoc@msn.com](mailto: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](http://www.reuters.com/article/healthNews/idUSCOL65159020080626)
2. UNC Baseball Study [www.uncbaseballstudy.com/yearone.html](http://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](http://www.4therapy.com/consumer/life_topics/article/6447/490/How+Do+Kids+Learn%3F)