

A healthy throwing arm is more than having proper throwing mechanics.

Several ingredients are needed to produce and maintain a healthy throwing arm:

- ✓ Proper shoulder strength and flexibility
- ✓ Proper core/hip strength and flexibility
- ✓ Maintaining proper throwing/pitching mechanics
- ✓ Following a diet that helps prevent tissue breakdown and optimize recovery between practices/games



In Dr. Arnold's "Healthy Arm" Program, you will receive:

- 1) **Chiropractic Care** to maintain joint flexibility.
- 2) **Rotator cuff strength testing** to identify shoulder weakness/imbalance
- 3) **Functional Movement Screening** to identify and correct movement weaknesses/imbalance that may be hurting your throwing motion.
- 4) **Pitching Video Analysis** to help correct and maintain proper throwing mechanics.
- 5) **Membership to Dr. Arnold's Video Library** to access videos on throwing drills, mechanics, and conditioning programs.
- 6) **Nutrition consultations** to learn how proper nutrition will help you stay healthy and help prevent injury.

"An ounce of prevention is worth more than a pound of cure."

-Henry de Bracton

## Program Pricing

(Can be paid in full or monthly)

### Platinum Package - \$275

- ✓ 15 chiropractic treatments
- ✓ 1-year membership to Dr. Arnold's Baseball Video Library
- ✓ 3 pitching video analyses
- ✓ 3 shoulder strength tests
- ✓ 3 functional movement screens
- ✓ 3 nutrition consultations

### Gold Package - \$150

- ✓ 10 chiropractic treatments
- ✓ 1-year membership to Dr. Arnold's Baseball Video Library
- ✓ 2 pitching video analyses
- ✓ 2 shoulder strength tests
- ✓ 2 functional movement screens
- ✓ 2 nutrition consultations

### Silver Package - \$95

- ✓ 5 chiropractic treatments
- ✓ 1-year membership to Dr. Arnold's Baseball Video Library
- ✓ 1 pitching video analysis
- ✓ 1 shoulder strength test
- ✓ 1 functional movement screen
- ✓ 1 nutrition consultation

*"Dr. Arnold has been helping my 15 year old son with an elbow injury he suffered due to pitching overuse. After a lot of frustration and expense a friend recommended we see Dr. Arnold. From the first visit we were impressed with his knowledge, professionalism, and demeanor. After a series of chiropractic treatments, home exercises, and corrections to my son's pitching mechanics my son's elbow is at 100% and back to pitching. Dr. Arnold also explained to us how to keep the arm strong to avoid any new injuries. We could not be happier with the results and would highly recommend Dr. Greg Arnold to anyone."*

-Vincent, West Babylon

*"I can't tell you how pleased I am seeing the results of your conditioning program and deceleration training. My son has really worked hard to follow your instructions and I am 100% sure it has made all the difference. He has been pitching deep into every game and his velocity shows no signs of diminishing as the innings go by. He is throwing real smooth and easy and his arm feels great. When I asked him how his arm felt after pitching 7 innings, he said he felt like he could pitch another game!"*

-Jim, Smithtown

## About Dr. Greg Arnold

Born and raised in Nesconset, Dr. Arnold graduated from Smithtown High School in 1995 and attended Penn State University on a baseball scholarship.

Dr. Arnold became certified by the National Pitching Association in 2004 and has been a chiropractor since 2005.

You can learn more about Dr. Arnold by visiting [www.PitchingDoc.com](http://www.PitchingDoc.com)



To make an Appointment:

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## Dr. Arnold's

### "Healthy Arm" Program



[www.PitchingDoc.com](http://www.PitchingDoc.com)