

## DMOI Bats: A Hitting Aid That Actually Works?

March 19, 2012

Last month [I wrote a newsletter](#) on how hitting aids in [baseball players in this 2011 study](#):

### **EFFECT OF VARIOUS WARM-UP DEVICES ON BAT VELOCITY OF INTERCOLLEGIATE BASEBALL PLAYERS**

and hitting aids in [softball players in this 2012 study](#):

### **EFFECT OF VARIOUS WARM-UP DEVICES ON BAT VELOCITY OF INTERCOLLEGIATE SOFTBALL PLAYERS**

**DO NOT improve bat speed** and are a waste of money.

Now [a new study in baseball players](#):

### **EFFECTS OF TRAINING WITH A DYNAMIC MOMENT OF INERTIA BAT ON SWING PERFORMANCE**

tested a hitting aid called a Decrease Moment of Inertia (DMOI) Bat:

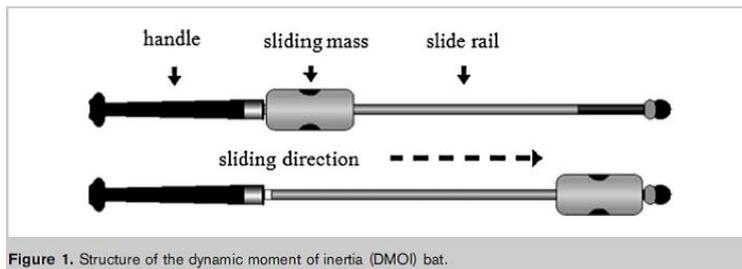


Figure 1. Structure of the dynamic moment of inertia (DMOI) bat.

used like this:



Figure 2. Swing training with the dynamic moment of inertia (DMOI) bat.

©Copyright 2012 Complete Chiropractic Healthcare, Inc. All Rights Reserved. This content may be copied in full, with copyright, contact, creation and information intact, without specific permission, when used only in a not-for-profit format. If any other use is desired, permission in writing from Dr. Arnold is required.

produced a **6% increase in BOTH bat speed and hitting distance after using the DMOI bat** compared to no change to those training with normal bats:

Variables	DMOI bat group (n = 9)	
	Pretraining	Posttraining
Swing velocity (km·h <sup>-1</sup> )	96.86 ± 8.48	102.82 ± 9.93§
Batted-ball velocity (km·h <sup>-1</sup> )	78.22 ± 5.24	78.44 ± 5.59
Hitting distance (m)	80.06 ± 9.16	84.99 ± 7.26§

The researchers made **2 important conclusions** (highlighted below):

Therefore, the DMOI bat could be considered a new training bat with a positive effect for swing in baseball and softball. We would suggest that baseball and softball players practice with the DMOI bat for long-term training, which can enhance swing velocity and upper-limb explosive force that can improve the hitting distance. The DMOI bat can also be used on deck circles before batting for improving hitting performance.

Hope this helps. Best of luck.

## Have A Question About This Newsletter?

Email ([PitchingDoc@msn.com](mailto:PitchingDoc@msn.com)) or Call (631-352-7654)  
Dr. Arnold!