

Shoulder Injury in Pitchers May Be Linked to Foot Problems

November 5, 2013

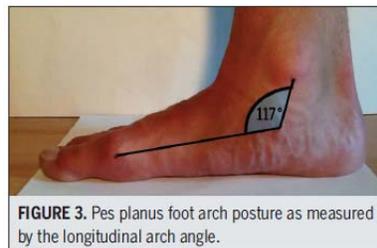
The throwing shoulder is the most injured body part in baseball players (28% of all injuries).

Now [a new study](#):

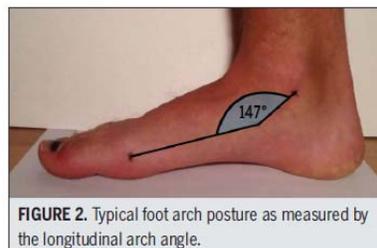
The Association of Foot Arch Posture and Prior History of Shoulder or Elbow Surgery in Elite-Level Baseball Pitchers

suggests that a decreased foot arch may be a contributing factor these shoulder injuries.

Specifically, **pitchers with a flatter foot arch**, a condition called "Pes Planus" (< 130 degrees):



were **3.7 times more likely to be injured** than those with a normal arch (130-150 degrees):



Leading the researchers to conclude:

"...preventative interventions through treatments for abnormal foot arch postures may prove to be of benefit."

How can a flat foot increase shoulder injury risk?

[Having a flat foot increases the curve in the low back](#), called the lumbar lordosis.

This increased lumbar lordosis [puts more stress on the throwing arm](#).

Have a Question About This Newsletter?

Email (631-352-765) or call (PitchingDoc@msn.com) Dr. Arnold!

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