



Coaches and Parents

TIPS to help optimize pitching performance and reduce injury

Effective pitching is vital component of baseball. The act of throwing a baseball at high speed produces extreme stress to the body and can be damaging to human muscles. Thus, pitchers are very susceptible to injury, soreness and pain.

DID YOU KNOW?

- Pitching involves the highest movement velocity of any activity done by humans.
- The maximal load of a certain ligament in the elbow joint is exceeded with each pitch!
- Different types of pitches thrown have a significant impact on the percentage of injury.
- Small alterations to improve body mechanics can lessen the stress applied to joints.
- It is necessary to correct improper body mechanics!

WARNING SIGNS of a Developing Injury

- Pain at rest
- Pain at night
- Pain not relieved by ice

RISK FACTORS for Injury :

- Fastball speed > 85 mph = 2.58 times greater risk
- Pitching > 80 pitches per game = 4 times greater risk
- Pitching more than 8 months per year = 5 times greater risk
- Pitching often with arm fatigue = 36 times greater risk

Recommendations for the Adolescent Pitcher

AVOID PITCHING

- * with arm fatigues & pain
- * more than 80 pitches per game
- * more than 8 months per year
- * more than 2500 pitches in competition per year.

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CALL 354-0808 for more information / appointment