



Performance Pitching Analysis

Become a better pitcher and take your game to the next level.

At Aurora BayCare, our trained experts will help you improve as a pitcher by focusing on your mechanics, the makeup of your body and how they affect the way you throw the ball. Assessing your physical attributes and performing an in-depth video analysis of your throwing will allow us to work with you to become a more efficient baseball pitcher.

Introductory program

This program will show you your strengths and weaknesses through video analysis, and will include:

- Musculoskeletal assessment
- Performance assessment
- Video analysis of your throwing mechanics
- Corrective throwing program

All sessions are with a physical therapist

Sessions

- First session is 60 minutes
- Second session is 45 minutes

Price - \$190 (2 sessions)

Elite program

Get everything from the introductory program and we will take it to the next level. Your program will include:

- Corrective exercise program
- Arm care program
- Strength and conditioning program
- Interval throwing program
- Follow up assessments and video analysis with a physical therapist

Sessions

- Third session is 45 minutes
- Fourth and fifth sessions are 60 minutes

Price - \$320 (5 sessions)

To register, or for more information, call us at 920-288-5491.