

Maximize your pitching performance while minimizing your risk of injury...

Throwers' Edge

- Enhance pitching performance
- Improve efficiency of throwing motion
- Advance mental game
- Increase strength and conditioning



McLeod Sports Medicine is one of the few facilities in the country using Dartfish motion analysis software. The same software used by the U.S. Olympic Committee and other high-performance training centers.



Through research, it has been found that 50 percent of pitching velocity is directly related to proper throwing mechanics therefore illustrating the necessary importance of teaching proper throwing biomechanics as early as possible.

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McLeod Sports Performance

Throwers' Edge



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McLeod Sports Performance Throwers' Edge Program

Baseball Injuries

Elbow and shoulder injuries in children are on the verge of becoming an epidemic. Thousands of baseball players are seen each year complaining of elbow or shoulder pain.

Throwers' Edge is designed to **Enhance Performance, Reduce the Risk of Injury, and Improve Pitching Mechanics.**



Program Description

One 1.5 hour session

Throwing motion will be analyzed from three views: the rear, side, and front. A comprehensive Functional Movement Screen (FMS), specific to the overhead throwing athlete, will be given and evaluated by a Certified Sports Performance Professional. A detailed evaluation will be completed after the session and sent to the pitcher.

Video Analysis:

Dartfish 3D motion analysis software is used to provide a real understanding of corrections and adjustments needed to eliminate poor body positioning during the throwing motion. Dartfish connects two realities - what you think you're doing and what you're actually doing. It provides instant visual feedback.



Movement Screen:

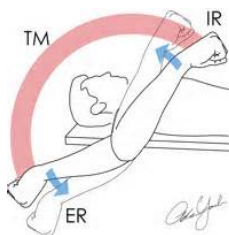
Functional Movement Screen: Determines the greatest areas of movement deficiency, demonstrates limitations or asymmetries, and correlates these with the throwing motion.



Shoulder Range of Motion:

Total Shoulder Range of Motion:

Determines if the throwing shoulder has adequate range of motion when compared to the non-throwing shoulder. If the throwing shoulder has a total motion deficit, it can contribute to an injury.



Throwers Edge Includes:

- Dartfish video DVD with the athlete's pitching mechanics analysis.
- Functional strength and movement testing to eliminate muscle imbalances and improve pitching efficiency.
- Training strategies to enhance performance and address movement inefficiencies.
- Drills to improve form.
- Throwers Ten - Preventative strength training exercises.
- Total shoulder range of motion measurements.
- Nutritional advice on how to properly fuel baseball players.

Additional Offerings:

A pitching mechanics evaluation can be packaged with strength and conditioning training sessions for an additional fee.

For more information contact,
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