

# THROWERS' EDGE



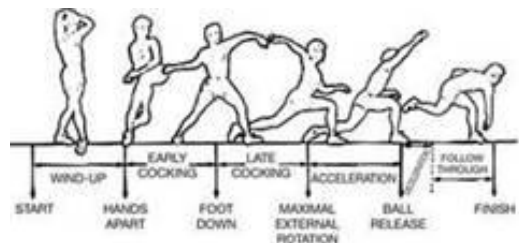
## Baseball Injuries

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.

The McLeod Sports Medicine "**Throwers' Edge**" program is a 3D pitching/throwing mechanics motion analysis assessment. The purpose of the pitching movement analysis is to reduce the risk of injury or re-injury by addressing the efficiency of a pitcher's mechanics. If a pitcher is able to generate arm speed using his entire body, then less force and torque will be placed on his throwing arm. The evaluation is based upon our knowledge of biomechanics, baseball, orthopedics, physical therapy, and strength and conditioning.

## Throwers' Edge is designed to:

- Enhance Performance
- Reduce the Risk of Injury
- Improve Pitching Mechanics



## Video Analysis

Dartfish, 3D motion analysis software, is utilized to provide a real understanding of corrections and adjustments needed to eliminate poor body positioning during the throwing motion that may predispose the athlete to possible injury and decreased performance.

## All Pitchers Will Receive:

- Personal DVD with Pitching Mechanics Analysis
- Functional Movement Screen
- Drills to Improve Performance
- Throwers Ten Strength Training Exercises
- Training Program Modifications
- Sports Performance T-shirt

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