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## Complete Chiropractic Healthcare

## How to Fix Your Mechanics

- ✓ Focus on body parts to fix mechanics:
  - a. 4 body parts to focus on
    - 1. Hips
      - i. Builds momentum = longer stride
    - 2. Front Elbow
      - i. 'Sharpshooter' at Foot Strike
      - ii. Keeps the glove chest-high as the shoulders turn to throw the ball
    - 3. Back
      - i. 'Throw with a big chest' to keep the back straight like a catapult
    - 4. Front Leg
      - i. Controls momentum to produce consistent Release Point



## Let the location of your pitch/throw tell you what body part to fix

- ✓ Pitch/throw = high
  - a. <u>Cause</u>: Slow hips = less momentum = Short stride = high release point
  - b. <u>Adjustment</u>: Quick hips = more momentum = longer stride = lower release point
- ✓ Pitch/throw = low
  - a. <u>Cause</u>: Back bends before Ball Release
  - b. <u>Adjustment</u>: 'Throw with a big chest' = back straight = higher release point

## ✓ Pitch/throw = inside/outside

- a. <u>Cause</u>: Loss of 'Sharpshooter' = glove is not chest-high
- b. Adjustment: Focus on 'Sharpshooter' to keep glove chest-high

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