

1 Way Pitchers Can Decrease Shoulder and Elbow Stress

August 6th, 2013

A new study out of [The American Journal of Sports Medicine](#):

Effect of Excessive Contralateral Trunk Tilt on Pitching Biomechanics and Performance in High School Baseball Pitchers

found that when the upper body tilts more than 1 head's-width from the center line (see right picture):

Shoulder stress increased by 11.1%

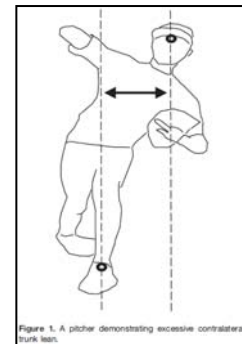
Elbow stress increased by 11.4%

Leading them to conclude:

pitching with excessive contralateral trunk tilt may increase the pitcher's susceptibility to injuries.¹

But...it may not be the fault of a young pitcher if they do tilt as they may not have the strength to keep their head centered:

It is possible that excessive contralateral trunk tilt is a compensatory pattern adopted by pitchers who cannot produce trunk rotation because of previous injuries or weakness of the hip and abdominal musculature. If this is the case, per-



What is a simple rule to follow?

As I wrote in [a previous newsletter](#): Keep Your Eyes Level At Release Point:



Have A Question About this Newsletter?

Email (PitchingDoc@msn.com) or call (631-352-7654) Dr. Arnold!