Shoulder Injury in Pitchers May Be Linked to Foot Problems
November 5, 2013

The throwing shoulder is the most injured body part in baseball players (28% of all injuries).

Now a new study:

The Association of Foot Arch Posture and Prior History of Shoulder or Elbow Surgery in Elite-Level Baseball Pitchers

suggests that a decreased foot arch may be a contributing factor these shoulder injuries.

Specifically, pitchers with a flatter foot arch, a condition called "Pes Planus" (< 130 degrees):

were 3.7 times more likely to be injured than those with a normal arch (130-150 degrees):

Leading the researchers to conclude:

"...preventative interventions through treatments for abnormal foot arch postures may prove to be of benefit."

How can a flat foot increase shoulder injury risk?

Having a flat foot increases the curve in the low back, called the lumbar lordosis.

This increased lumbar lordosis puts more stress on the throwing arm.

Have a Question About This Newsletter?

Email (631-352-765) or call (PitchingDoc@msn.com) Dr. Arnold!