

More Evidence on Why You Need to Learn A Changeup

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A good changeup should be a cornerstone for any pitcher. It's the second pitch you should learn after establishing consistent fastball mechanics.

I have written numerous newsletters on the benefits of learning the changeup ([click here to see my changeup newsletters](#)). Now [a new study again highlights its' benefits](#).

In the American Journal of Sports Medicine:

Biomechanical Comparisons Among Fastball, Slider, Curveball, and Changeup Pitch Types and Between Balls and Strikes in Professional Baseball Pitchers

arm stress when throwing the fastball, slider, and curveball were ALL shown to be significantly greater than throwing a changeup. This led the researchers to conclude:

ers.^{4,12,13,24} Therefore, **throwing a curveball, slider, or fastball may result in a higher risk of shoulder or elbow injuries compared with throwing a changeup at all levels of pitching**, from youth up to professional, and the pitching literature supports this conclusion.^{2-4,12,13,15-17,21}

So the more you throw a changeup,
the less stress on your arm and the lower your risk of arm injury.

The researchers also discussed research showing that the risk for arm from throwing curveballs and sliders is not any higher than throwing a fastball:

Like the current study, **the literature generally does not support that throwing the curveball results in a higher risk of shoulder and elbow injury compared with throwing the fastball or slider**, and some studies actually show the oppo-

and this is showing up in more [MLB teams throwing fewer fastballs and more curveballs](#):

MLB

Forget velocity, the curveball's resurgence is changing modern pitching

QUICKLY

- Modern pitching is defined by velocity, right? Not so fast. An ancient, mysterious pitch—the curveball—is an increasingly lethal weapon in the pitcher vs. hitter battle.

By TOM VERDUCCI May 23, 2017

So spend your winter learning the changeup.
Your arm will thank you for it.

Have A Question About This Newsletter?

Contact Dr. Arnold! (PitchingDoc@msn.com / 631-352-7654)