

PitchingDoc@msn.com www.PitchingDoc.com

The Changeup

The Most Difficult Yet Effective Pitch to Learn

What Is Pitching?

"Hitting is timing. Pitching is upsetting timing."

-Warren Spahn Hall of Fame Left-handed pitcher

The Dangers of Breaking Pitches

A 2008 study (http://ajs.sagepub.com/content/36/4/686.abstract) found that:

"...the curveball was associated with a 52% increased risk of shoulder pain.

Yet curveballs did NOT put more stress on the elbow. Instead:

"...collegiate pitchers are able to <u>maintain more consistent pitching mechanics</u> and better proficiency" than youth pitchers.

Rather than risk elbow injuries from curveballs due to poor technique, throw a changeup.

What Is the Secret to A Great Changeup?

The best changeups are thrown:

- \checkmark With the same mechanics/release point as the fastball
- ✓ Behind in the count as the hitter is looking fastball (1-0, 2-0, 2-1, 3-1, 3-2)
- ✓ Not with the "fastball fingers" but with the hand's 2 weakest fingers



Beginner's Changeup Grip

- ✓ Find the "horseshoe" seam
- \checkmark Pinky on the outer seam
- \checkmark Thumb on the bottom seam
- ✓ Ring finger splits the ball
- ✓ Middle finger on the inner seam
- ✓ Index finger touches thumb



Advanced Changeup Grip Same as Beginner's Grip except:

- 1. Middle finger touches thumb
- 2. Ring finger on the outer seam

This maximizes arm speed yet slows velocity

©Copyright 2011 Complete Chiropractic Healthcare, Inc. All Rights Reserved. This content may be copied in full, with copyright, contact, creation and information intact, without specific permission, when used only in a not-for-profit format. If any other use is desired, permission in writing from Dr. Arnold is required.