

# AN ANALYSIS OF FERNANDO VALENZUELA'S PITCHING MOTION & MECHANICS

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## General Comments About Fernando Valenzuela

- 5' 11"
- 200+ lbs.
- Possibly was 25 during rookie season.
- Won Cy Young in 1981.
- Injuries...
  - Arm started to show signs of overuse by end of 1980s.
  - Injured on 4/29/1982 with a Pulled Elbow Ligament, out for one week
  - Injured on 10/1/1984 with a Pulled Tricep Muscle, out for 4 weeks
  - Injured on 7/29/1988 with a Ruptured Bicep Tendon, out for 4-5 weeks
  - Injured on 5/1/1989 with a Inflamed Elbow Ligament, out for one week
  - Sat out most of 1988 season with arm problems.
  - Blamed on overuse.
    - Lasorda has been accused of abusing pitchers like Valenzuela and Hershiser.
  - Lost screwball in late 1980s.
- Pitches...
  - Screwball.

## Comments About Fernando Valenzuela's Pitching Motion And Mechanics

- Limited reverse-rotation of shoulders.

Year	Ag	Tm	Lg	W	L	G	GS	CG	SHO	GF	SV	IP	H	R	ER	HR	BB	SO	HBP	WP	BFP	IBB	BK	ERA	*lgERA	*ERA+	WHIP
1980	19	<a href="#">LAD</a>	<a href="#">NL</a>	2	0	10	0	0	0	4	1	17.7	8	2	0	0	5	16	0	0	66	0	1	0.00	3.50	inf	0.736
1981	20	<a href="#">LAD</a>	<a href="#">NL</a>	13	7	25	25	11	8	0	0	192.3	140	55	53	11	61	180	1	4	758	4	0	2.48	3.32	134	1.045
1982	21	<a href="#">LAD</a>	<a href="#">NL</a>	19	13	37	37	18	4	0	0	285.0	247	105	91	13	83	199	2	4	1156	12	0	2.87	3.46	121	1.158
1983	22	<a href="#">LAD</a>	<a href="#">NL</a>	15	10	35	35	9	4	0	0	257.0	245	122	107	16	99	189	3	12	1094	10	1	3.75	3.60	96	1.339
1984	23	<a href="#">LAD</a>	<a href="#">NL</a>	12	17	34	34	12	2	0	0	261.0	218	109	88	14	106	240	2	11	1078	4	1	3.03	3.52	116	1.241
1985	24	<a href="#">LAD</a>	<a href="#">NL</a>	17	10	35	35	14	5	0	0	272.3	211	92	74	14	101	208	1	10	1109	5	1	2.45	3.49	143	1.146
1986	25	<a href="#">LAD</a>	<a href="#">NL</a>	21	11	34	34	20	3	0	0	269.3	226	104	94	18	85	242	1	13	1102	5	0	3.14	3.47	110	1.155
1987	26	<a href="#">LAD</a>	<a href="#">NL</a>	14	14	34	34	12	1	0	0	251.0	254	120	111	25	124	190	4	14	1116	4	1	3.98	3.96	100	1.506
1988	27	<a href="#">LAD</a>	<a href="#">NL</a>	5	8	23	22	3	0	1	1	142.3	142	71	67	11	76	64	0	7	626	4	1	4.24	3.35	79	1.532
1989	28	<a href="#">LAD</a>	<a href="#">NL</a>	10	13	31	31	3	0	0	0	196.7	185	89	75	11	98	116	2	6	852	6	4	3.43	3.43	100	1.439
1990	29	<a href="#">LAD</a>	<a href="#">NL</a>	13	13	33	33	5	2	0	0	204.0	223	112	104	19	77	115	0	13	900	4	1	4.59	3.68	80	1.471
1991	30	<a href="#">CAL</a>	<a href="#">AL</a>	0	2	2	2	0	0	0	0	6.7	14	10	9	3	3	5	0	1	36	0	0	12.15	4.10	34	2.550
1993	32	<a href="#">BAL</a>	<a href="#">AL</a>	8	10	32	31	5	2	0	0	178.7	179	104	98	18	79	78	4	8	768	2	0	4.94	4.42	90	1.444
1994	33	<a href="#">PHI</a>	<a href="#">NL</a>	1	2	8	7	0	0	0	0	45.0	42	16	15	8	7	19	0	1	182	1	0	3.00	4.30	143	1.089
1995	34	<a href="#">SDP</a>	<a href="#">NL</a>	8	3	29	15	0	0	5	0	90.3	101	53	50	16	34	57	0	4	395	2	0	4.98	4.06	81	1.494
1996	35	<a href="#">SDP</a>	<a href="#">NL</a>	13	8	33	31	0	0	0	0	171.7	177	78	69	17	67	95	0	7	741	2	0	3.62	4.01	111	1.421
1997	36	<a href="#">TOT</a>	<a href="#">NL</a>	2	12	18	18	1	0	0	0	89.0	106	61	49	12	46	61	5	4	419	0	0	4.96	3.95	80	1.708
		<a href="#">SDP</a>	<a href="#">NL</a>	2	8	13	13	1	0	0	0	66.3	84	42	35	10	32	51	4	2	313	0	0	4.75	3.87	82	1.749
		<a href="#">STL</a>	<a href="#">NL</a>	0	4	5	5	0	0	0	0	22.7	22	19	14	2	14	10	1	2	106	0	0	5.56	4.17	75	1.588
17 Yr	WL%	.531	173	153	453	424	113	31	10	2	2930.0	2718	1303	1154	226	1151	2074	25	119	12398	65	11	3.54	3.66	103	1.320	
<a href="#">162 Game Avg</a>			13	11	35	32	8	2	0	0	227.0	210	101	89	17	89	160	1	9	961	5	0	3.54	3.66	103	1.320	

1. 1



2. 1



3. 1



2





4. 1



5. 1



2



6. 1



2



7. 1



8. 1



9. 1



10. 1



11. 1



12. 1



13. 1



14. 1



15. 1



2





16. 1



2



17. 1



18. 1



19. 1

Limited reverse-rotation of shoulders.



20. 1

Just starting to rotate shoulders.



21. 1



22. 1



23. 1



24. 1



25. 1



26. 1



27. 1



2



28. 1



29. 1



30. 1



2



31. 1