

AN ANALYSIS OF BOBBY JENKS' PITCHING MOTION & MECHANICS

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General Comments About Bobby Jenks

- Injuries...
 - Missed most of 2004 season due to an elbow injury.
 - Missed two months of 2003 season.
- Pitches...
 - Fastball (100 MPH).

Comments About Bobby Jenks' Pitching Motion And Mechanics

- He seems to do (and not do) several things that should protect his shoulder.
 - He does reverse-rotate, but he doesn't seem to move his hand or his elbow behind the acromial plane, which should protect his rotator cuff.
 - Minimal scapular loading, if any.
 - I may see a problem in the timing of when and how he rotates his shoulders that could lead to problems with his labrum.
 - He does pronate upon releasing the ball, but probably too late to protect his UCL.
- I am far more concerned about his elbow than I am about his shoulder.
 - He employs a trick that Sandy Koufax, Kerry Wood, and others have employed to boost their velocity.
 - He straightens his glove-side knee as his shoulders come around.
 - This helps his hips rotate, but puts a lot of stress on the arm.
 - This could be why he seems to be having problems with his tendons or ligaments pulling off of the bones to which they are attached.
 - His palm seems to be quite supinated at the moment of maximum load on his UCL, which could make him vulnerable to tearing his UCL (if the bone doesn't fail first, which it seems to be doing).



1. 1



2. 1



2

Does reverse-rotate his hips, which likely helps him generate velocity.



3. 1



4. 1



2

Very limited reverse-rotation of the shoulders, which is good.



5. 1

He does have a fairly long arm swing, which is good for his arm.



6. 1



7. 1

I don't like how high his elbows are above his shoulders in frame 7.1. While his elbows aren't behind his shoulders (which is good), his doing this still places him at risk of injuring his shoulder.



8. 1



9. 1



10. 1



2



11. 1

He doesn't appear to much in terms of scapular loading, which is good.



12. 1



13. 1



14. 1



15. 1



16. 1



2



3



4

RELEASE POINT: Frames 16.1 – 16.4 contain a major red flag. Jenks stiffens his glove-side leg as he releases the ball. This is a trick that I have seen Sandy Koufax and others use to help increase the amount that their hips rotate. The problem is that it puts a lot of stress on the arm. This could be why he seems to be having problems with his tendons or ligaments pulling off of the bones to which they are attached.



17. 1



18. 1



2



19. 1



2



20. 1



21. 1



22. 1



23. 1



24. 1



25. 1



26. 1



27. 1