

# Proper Pitching Mechanics and Pitching Injury Prevention

Chris O'Leary

# My Background



# Student of the Game

Slow Motion  
High Speed Video

60P = 60 Frames Per Second



# Executive Summary

**Rushing → Performance Problems**

**Rushing → Injury Problems**

**Inverted W → Rushing**

**How  
Justin Verlander  
(Actually)  
Throws the Ball**



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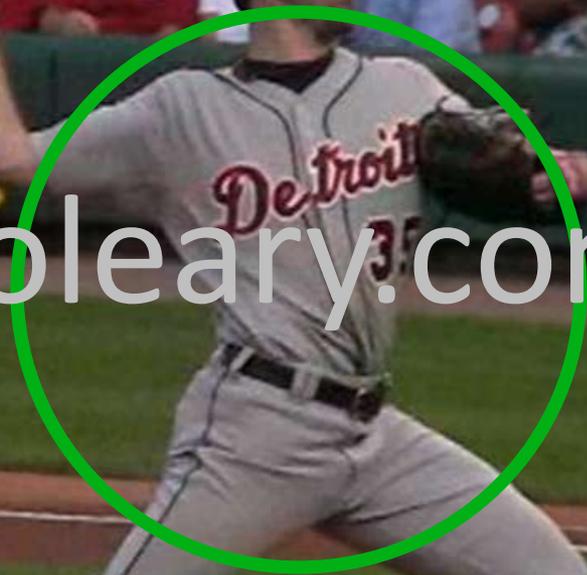
# Timing is Critical

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# Throw with Your Entire Body

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**How I Got Here**

**Michael Grassi**

# **Mike Allen**

**Sheet Metal Worker**

**Rotator Cuff Problems**

**Plumbers and Pipefitters**

**Elbows Above the Shoulders**

# Madison Baer

Problems Missing High

Finish Your Pitches

Bend at the Waist

Rushing

# Dr. Mike Marshall

50% Gold and 50%...

Curveball

Screwball

Pronation

High Arm Slot = Good

Late Pitching Forearm Turnover

**Late Pitching  
Forearm Turnover  
=  
Rushing**

# The Hanson Principle

*Always compare what anybody tells you to what the best players actually do.*

*Trust but Verify*

**Do What The Pros  
(Actually) Do**

**MLB.com  
chrisoleary.com**

**Study What  
Great, Durable  
Pitchers Did**

# Arm Action & Timing



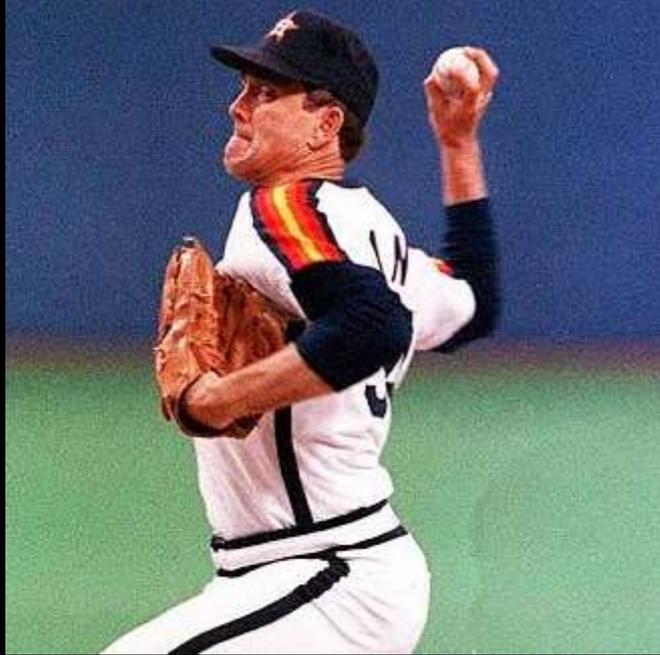
Greg Maddux



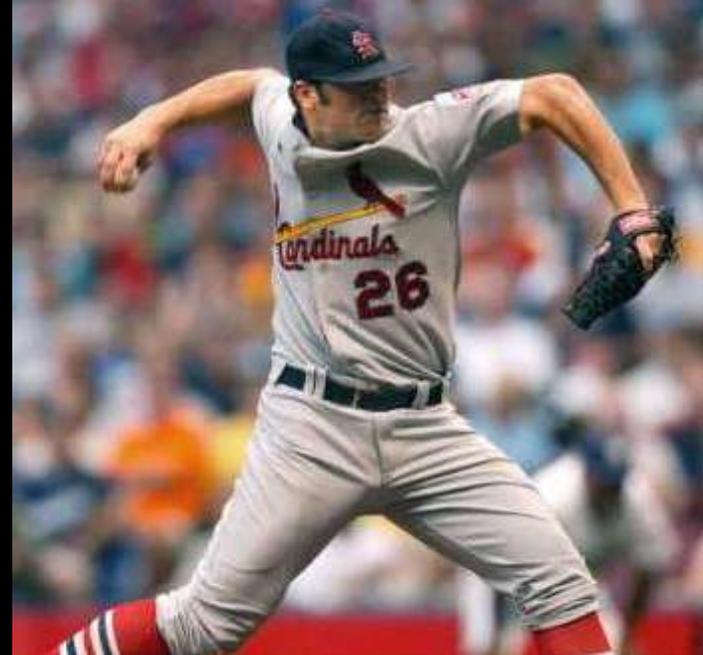
Nolan Ryan

# Compare to Injury-Prone Pitchers

# Scapular Loading



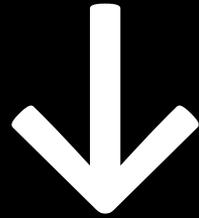
Low Elbows



High Elbows



# Scapular Loading



# Rushing

# **Robb Nen**

**Problems with Rushing  
Labrum Problems**



Robb Nen

**Google**

**Google Image Search**

**Pitcher**

**Rushing**

**Labrum**



Bobby Madritsch



Kerry Wood



Kerry Wood



Mark Prior



Mark Prior



Mark Prior



Mark Prior



Mark Prior



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08



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**The M**



Mark Prior

# The Inverted W



Mark Prior



Mark Prior



Anthony Reyes



Adam Wainwright



Jeremy Bonderman



Jeremy Bonderman



Shelby Miller



Stephen Strasburg



Stephen Strasburg



Chris Sale



Brandon McCarthy

**Inverted V**



Jake Peavy



Jake Peavy



Joel Zumaya



Joel Zumaya

**Inverted L**



Cliff Politte



Chris Carpenter



Chris Carpenter



Tim Lincecum



Tim Lincecum



B.J. Ryan



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**Watch the Numbers  
on his Back**

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**Dr. Cynthia Labella**

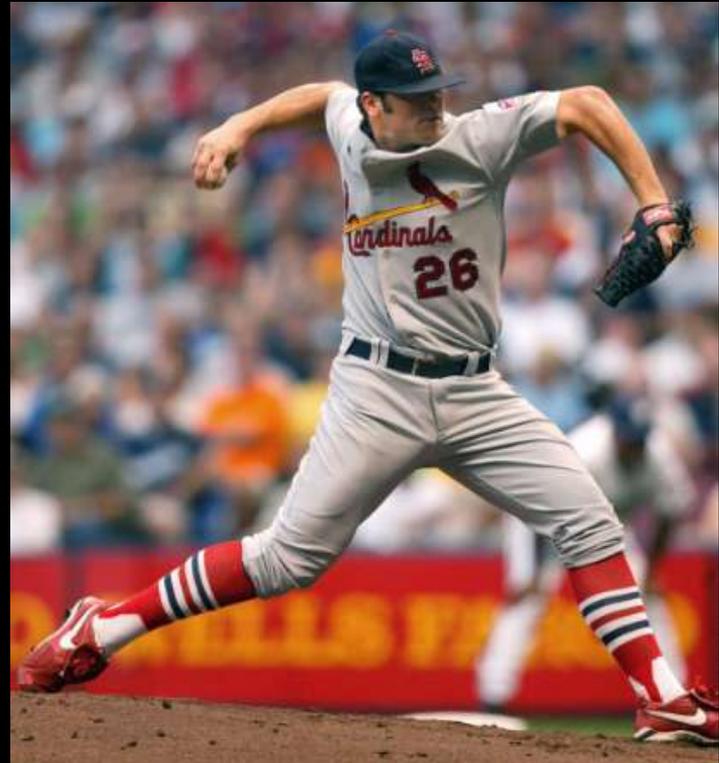
**Chicago Children's Memorial**

**Prolonged Internal Rotation  
Increases Risk of Injury**

# **If You Don't Buy the Mark Prior Connection**

**Butcher Baker  
Marcus Giles Collision**

# What About Anthony Reyes?



**How do we Keep  
Pitchers Away  
From These  
Arm Actions?**

**DO NOT TEACH**

**Directional  
Linear Stride**

**Inefficient**

**Arm-y**

**DO NOT TEACH**

**Break Your Hands  
with Your Elbows**

**DO NOT TEACH**

**Thumb to the Thigh**

**DO NOT TEACH**

**Fingers on Top  
of the Ball**

# They Work, But...



**DO NOT TEACH**

**Show the Ball to CF/2B**

**Pronation → Premature Pronation**

**DO NOT TEACH**

**Get Your Back Elbow Up**

**Won't Affect Arm Slot  
Impingement Injury**

# The Most Dangerous Pitch

Not the Curveball  
Actually the Slider/Cutter  
Kerry Wood's Elbow

**Overuse  
is the Biggest  
Problem in  
Kids**

What TO Teach

# **Break Your Hands With Your Hands**

**Difference Between**

**Tim Lincecum and Greg Maddux**

# Throw the Ball with Your Entire Body

The Core

# Separation



Tim Lincecum



Nolan Ryan

# Show the Ball to Third Base

What most people  
do naturally.



**Arm Action**

**=**

**Over-Coached**

**If it Ain't Broke...**

**Scapular Loading**  
**Proud Chest**  
**Horizontal W**

**Elbows Just Below**  
**the Shoulders**

**Do Less with the  
Glove Side**

**Pinkie to Thigh**

# Pitchers to Copy

## RETIRED

Greg Maddux

Nolan Ryan

Steve Carlton

Tom Seaver

Jeff Suppan

## ACTIVE

Justin Verlander

Ryan Dempster

Cliff Lee

Yovani Gallardo

David Price

Edwin Jackson

# Respect the Game

**Protect its Future**

**No Shortcuts**

**Study the Greats**

**Not the New Flavor of the Month**

**Durable & Effective**

**10 Years**

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