

# AN ANALYSIS OF ROBB NEN'S PITCHING MOTION & MECHANICS

2/24/2006

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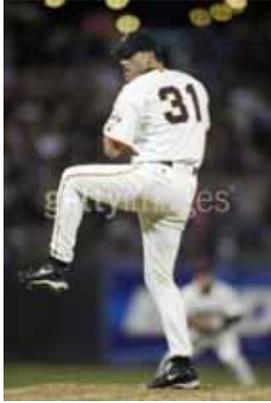
## General Comments About Robb Nen

- RHP
- 6' 4"
- 200 lbs.
- Pitches...
  - Fastball (High 90s).
  - Slider (90-92 MPH).
- Injuries...
  - Surgery to repair frayed right Labrum (2002).
  - Surgery to repair Rotator Cuff tear (May 2003).

## Comments About Robb Nen's Pitching Motion And Mechanics

- Unusual double-tap with glove-side foot after leg left and before going to plate.
  - Done to prevent rushing.
    - Establishes that you don't have to have a high knee lift to throw hard.
- Appears to start rotating his shoulders before his arm is up and in the high cocked position (ala Chris Carpenter), which may explain his shoulder problems.
  - This will worsen his Reverse Pitching Forearm Bounce and may lead to Labrum problems.
- Lots of reverse-rotation of both hips and shoulders.
- Stiffens glove-side leg as accelerates shoulders.
- Possible signs of Early Pronation, which may explain his lack of elbow problems.

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
1993	23	TOT		2	1	24	4	0	0	5	0	56.0	63	45	42	6	46	39	0	6	272	0	1	6.75	4.17	62	1.946
		<a href="#">TEX</a>	<a href="#">AL</a>	1	1	9	3	0	0	3	0	22.7	28	17	16	1	26	12	0	2	113	0	1	6.35	4.16	66	2.382
		<a href="#">FLA</a>	<a href="#">NL</a>	1	0	15	1	0	0	2	0	33.3	35	28	26	5	20	27	0	4	159	0	0	7.02	4.17	59	1.650
1994	24	<a href="#">FLA</a>	<a href="#">NL</a>	5	5	44	0	0	0	28	15	58.0	46	20	19	6	17	60	0	3	228	2	2	2.95	4.39	149	1.086
1995	25	<a href="#">FLA</a>	<a href="#">NL</a>	0	7	62	0	0	0	54	23	65.7	62	26	24	6	23	68	1	2	279	3	0	3.29	4.35	132	1.294
1996	26	<a href="#">FLA</a>	<a href="#">NL</a>	5	1	75	0	0	0	66	35	83.0	67	21	18	2	21	92	1	4	326	6	0	1.95	4.05	208	1.060
1997	27	<a href="#">FLA</a>	<a href="#">NL</a>	9	3	73	0	0	0	65	35	74.0	72	35	32	7	40	81	0	5	332	7	0	3.89	4.04	104	1.514
1998	28	<a href="#">SFG</a>	<a href="#">NL</a>	7	7	78	0	0	0	67	40	88.7	59	21	15	4	25	110	1	3	357	5	0	1.52	4.07	267	0.947
1999	29	<a href="#">SFG</a>	<a href="#">NL</a>	3	8	72	0	0	0	64	37	72.3	79	36	32	8	27	77	0	5	320	3	0	3.98	4.11	103	1.465
2000	30	<a href="#">SFG</a>	<a href="#">NL</a>	4	3	68	0	0	0	63	41	66.0	37	15	11	4	19	92	2	5	256	1	0	1.50	4.27	284	0.848
2001	31	<a href="#">SFG</a>	<a href="#">NL</a>	4	5	79	0	0	0	71	45	77.7	58	28	26	6	22	93	1	2	312	6	0	3.01	4.01	133	1.030
2002	32	<a href="#">SFG</a>	<a href="#">NL</a>	6	2	68	0	0	0	65	43	73.7	64	19	18	2	20	81	1	1	301	8	0	2.20	3.79	172	1.140
10 Years						42		4		0	314		607		237		260		7	36	2983	41	3	2.98	4.11	138	1.213
WL%=				.517		45		643		0	548		715.0		266		51		793								
<a href="#">162 Game Avg</a>				4	4	67	0	0	0	57	33	75.0	63	27	24	5	27	83	0	3	313	4	0	2.98	4.11	138	1.213



1. 1



2. 1



3. 1



4. 1



5. 1



6. 1



2



7. 1



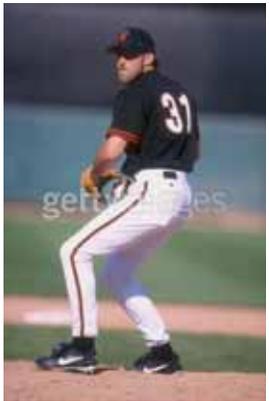
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8. 1



2



9. 1



2

Nen has an usual way of reminding himself to stay back and not rush his delivery to the plate. After he has lifted and then started to lower his glove-side knee, and after he has broken his hands, he taps the ground with his glove-side foot. This gives his arm a little more time to get and up ready before he starts to turn his shoulders. However, I believe that this trick doesn't always work and his rushing to the plate is a major contributor to his shoulder problems.



10. 1



2

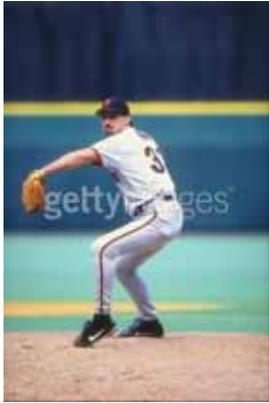


11. 1



12. 1

2



13. 1

2

3



14. 1

2

Just picked up his glove-side foot and is starting to powerfully stride toward the plate.



15. 1



16. 1



2



3

Notice how early he gets his arm up.



17. 1



18. 1



2

In frame 18.1, you can see how reverse-rotated Nen's shoulders are.



19. 1



2



3



4



20. 1



21. 1



2



3



22. 1



2



3



4

I believe the root cause of Nen's problems with his shoulder (both his Labrum and his Rotator Cuff) can be seen by comparing frames 22.3 and 22.4 (with 22.4 being the same as frame 18.1 but copied here for comparison purposes). You clearly see that between frame 22.4 and 22.3, Nen has started to rotate his shoulders (notice that you can see his numbers in frame 22.4 but cannot see them in frame 22.3). However, in frame 22.3 you can also see that his pitching arm side forearm isn't yet vertical. This is a pattern that I have seen in others with Labrum problems (e.g. Chris Carpenter) and I believe that this will worsen the Reverse Pitching Forearm Bounce that he will experience and may help to explain the problems with his Labrum.



23. 1



2



24. 1



2



3



25. 1



2



3



26. 1



2



3



4



27. 1



2



28. 1



29. 1



30. 1



31. 1



2



3



32. 1



33. 1



2



3



34. 1



35. 1



2



3



36. 1



2



37. 1



38. 1



39. 1



2



40. 1

2

3

His forearm is much more pronated in frame 40.3 than it is in the earlier frames, which suggests that he may start pronating before the Release Point. This may explain his apparent lack of elbow problems.



4



41. 1



2



3



42. 1



43. 1



2



44. 1



2



45. 1



2



46. 1



47. 1



2



3



48. 1



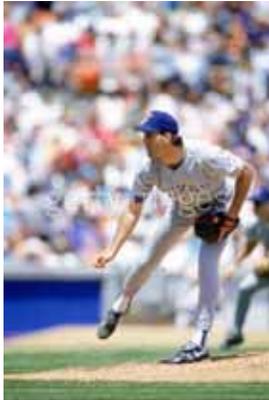
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49. 1



50. 1



51. 1