



NEW STUDY SHOWS ASSOCIATION BETWEEN PRESEASON SHOULDER STRENGTH AND INJURY SEVERITY FOR BASEBALL PITCHERS

7/10/2009 - KEYSTONE, CO -A new study presented at the American Orthopedic Society for Sports Medicine's (AOSSM) Annual Meeting in Keystone, Colorado measured the preseason shoulder strength for all pitchers in a professional baseball organization over a five-year period (2001-2005). Over the course of the five-year period, 144 major and minor league baseball pitchers were analyzed using a specific protocol by a single athletic trainer. Prone internal rotation (IR), prone external rotation (PER), seated external rotation (SER) and supraspinatus (SS) strength were tested during spring training prior to each season. The players were then followed throughout the season for incidence of throwing related injury.

The study illustrated a significant association between PER, SER and SS strength with throwing related injuries requiring surgery. There was also some evidence for an association between the ratio of PER/IR strength and the incidence of injury.

"The ability to identify pitchers at risk for injury could be extremely valuable to a professional baseball organization. Our study examined the predictive value of preseason strength measurements as they relate to in-season throwing injuries," said Ian Byram MD, lead author and fourth year orthopedic surgery resident at Vanderbilt Medical Center, Nashville, TN.

Athletic injuries can derail any player's ability to compete, but for a baseball pitcher his shoulder strength and control are critical. Crossover Symmetry is an advanced rotator cuff and scapular strengthening system that incorporates high speed plyometrics which strengthen the fast twitch muscle fibers. When combined with the 60-Day Pre-season Long Toss Program a strong foundation is built, which will reduce recovery times and the risk of injury during the season.

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