

The Harm of Throwing 'Over the Top', Part 2

June 5, 2015

In 2014 I wrote a newsletter on why [teaching kids to throw "over the top" is a bad coaching concept](#) because of how it changes upper body position and puts more stress on the elbow:

2 Major League Lessons In Finding Your Correct Arm Slot
March 4, 2014

Now a new study again proves this to be true →

**Lateral Trunk Lean in Pitchers
Affects Both Ball Velocity and
Upper Extremity Joint Moments**

In the study, the average shoulder tilt for each pitcher was 24 degrees. And while velocity increased by 1.5% (1.1 mph) for every 10 degrees of shoulder tilt over 24 degrees, shoulder stress increased by 3.2% and elbow stress increased by 4.8%.

This increase in arm stress WAS NOT worth the price of the extra 1.1 miles per hour:

the increase in ball velocity is minimal when compared with the increase in joint loads at the elbow and glenohum-

because the elbow ligament ("UCL") is already very close to injury and adding stress will bring the elbow too close to injury;

UCL is very close to the ultimate moment, and any additional stress caused by an increase in moment by an increase in lateral trunk lean away from the pitching arm can increase the risk of injury to these pitchers. Fur-

They concluded:

Oyama et al¹⁶ in younger pitchers, coaches should stress from an early age the importance of trunk positioning in pitching. Coaches should also incorporate core strengthen-

So...what throwing drill can help a pitcher minimize shoulder tilt?

It's called The 2-knee drill and a video of this drill is available in [my Baseball Video Library](#). To subscribe to my video library, [click here](#).

Have A Question About This Newsletter?

Contact (631-352-7654 / PitchingDoc@msn.com) Dr. Arnold!