

VOL. 1 | JUNE 2021

# STAY IN THE GAME



Newsletter for all our Form & Function Family



## 9 Tips to Preventing Pitching Injuries

### Tip #1: Stop using the ALPHABET: The T, W, and M positions of the arm!

Straight abduction of the shoulder (T Position) and excessive upper trapezius involvement and abduction (W and M positions) cause a mechanical impingement of the shoulder which will undoubtedly damage your labrum and rotator cuff. You cannot throw from this vulnerable position of the arm.

### Tip #2: Throwing Through the PAIN will CAUSE MORE PAIN AND INJURY

When your arm, shoulder, and elbow hurt before, during, or after your pitch, STOP THROWING you are injured. Many "sources" on the internet will tell you to keep throwing and promote throwing from greater distances (LONG TOSS). This is the wrong advice. If you have pain, you need to stop immediately.

Focus on the fundamental movements to restore proper (pain free) throwing motions, then resume empty hand throwing until you can have high intensity "throws". Then, we can put the ball back in your hand.

## OVERVIEW:

- 9 Tips to Preventing Pitching Injuries
- Products We Love
- Monthly Offer
- Health Tips and Tricks
- Patient Spotlight
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

**Tip #3: FIX YOUR MECHANICS:**  
**Shorten your arm path as to**  
**throw WITH gravity or**  
**“downhill”.**

The quicker you take your hand out of the glove, the more the body needs to use muscles to hold it up. This immediate release causes a long arm path. A long arm path makes your arm "late" once the torso turns towards home plate. This means your arm will have to accelerate against gravity and not downhill with gravity. To decrease the stress of the component, you must throw with gravity assistance.

<https://youtu.be/T5hXcRUQJh4>

**Tip #4: FIX YOUR MECHANICS:**  
**BE TALL, Shoulders relaxed**

Stand tall on the mound. Take a deep breath and allow your shoulders to drop or depress. Tension in your upper traps will cause your shoulder blades to elevate rather than naturally depress.

**Tip #5: EXERCISE: STRENGTHEN**  
**and COORDINATE your BUTT!**

Strength and control (coordination) of your Posterior Kinetic Chain (Back Extensors, Glutes, and Hamstrings) are vital for balance, power, velocity, control, and command. Do these "Sit to Stands" to help your pitching. This is a simple exercise, but must be mastered to be able to perform more aggressive strengthening safely:

<https://youtu.be/18kjuNHdGNU>

**Tip #6: EXERCISE: GET**  
**CONTROL OF YOUR**  
**SHOULDER BLADES!**

Scapular Retraction is a vital move, exercise, and technique that you have to master.

Wall Scapular Retraction:

<https://youtu.be/ACC22hWD4N4>



**TIP #8: The hidden engine for**  
**throwing with velocity.**

This is a mobility technique that engages the glute, and is vital in pitchers throwing with velocity. The proper firing of your glutes is the hidden key to driving the ball to home plate with maximum velocity.

Lumbar Self mobility:

<https://youtu.be/kLM4gdY6JvY>

# June's Special Offer

*Buy one, Give one*

**BUY ONE  
GIVE ONE**

It's time to share the gift of feeling your best. This is perfect for you if you AND a loved one are dealing with pain, injury or stiffness, or you have multiple children playing sports, or your child and a teammate are dealing with pain or injury.

With the purchase of 1 regular priced session, you can give a session of equal value to a friend or family member to use at our clinic!

It's called the "Buy one, Give one" promotion, and it's going on all the way through June 20th.

**Tip #9: Use Ice And Heat:**

This may be the question we get the most. Do I use ice or heat?

Heat is best for loosening up stiff muscles and joints. A lot of people find it useful in the morning when they're stiff and having trouble moving, or before a practice or game.

Ice is good after any aggravating activity, to manage excessive inflammation and soreness. The goal isn't to stop the inflammatory process altogether, as it is essential to have inflammation as a chemical marker for your body to mend the area. If we are constantly icing, you can delay healing or make healing incomplete, making you vulnerable to injury.

**Tip #10: Consult an Expert FAST. Do not wait to get your sore arm looked at.**

The fastest way to take care of your arm/shoulder/elbow is to see an EXPERT with a very long record of patient results for your arm/shoulder/elbow injuries. Research the provider and act fast once you find one you like.

**For more Baseball and Throwers tips like this, click here to download our FREE tips report on quick and easy self-tests for shoulder and elbow health in throwers!**

**[3 Easy Self Tests For Shoulder and Elbow Health in Throwers](#)**



**Product We Love**

*Professional Cupping Set*



Click image for link

Our monthly product is one we use quite frequently in our office, and is gaining popularity rapidly. Oddly enough, it has only taken around 3500 years to become so commonly used.

Cupping is very effective in relieving tightness, pain, and improving circulation to the area of use. And results can be seen in as little as 2-5 minutes. This is the very cupping set we have been using in our clinic for years!

As with any tools we recommend, we would be happy to show you how to use the set for any of the conditions you'd like to treat, which will help you stay out of the doctors office, and off of the massage therapist's table. If you have been looking for the next tool in your arsenal to help you STAY IN THE GAME... we recommend you try cupping.

And if you're not sure where to get it, I want to remind you we have built out this incredible website that includes a page packed full of products we've recommended to our clients all in one convenient place, and fulfilled by the largest online retailer in the world.

## Health Tips and Tricks

*Warming up to throw and not throwing to warm-up.*

Fortunately, I've been seeing this less and less as people begin to understand some of the factors that lead to injury in throwing athletes, but that doesn't mean it still isn't happening.

Kids show up to the field and dig in the bucket or their bag, grab a ball and start some light toss to warm up. Every other muscle in the body is still stiff and cold, and after 15-20 throws the velocity starts increasing and so does the distance.

The problem with this is that the motion of throwing the ball is incredibly complex and involves the entire body, and if the whole body isn't prepared to get involved in the throw, invariably the arm will take the excess stress.

If you are wanting to learn how we get the upper body prepared to throw, I want you to head over to our YouTube page and check out our video entitled Upper Extremity Warm Up.

<https://youtu.be/gxeeXwSZDfE>



## Patient Spotlight: Jacob Billings



In this month's patient spotlight, we have Jacob Billings, senior on the Rancho Cucamonga Cougars baseball team. As the high school season was winding down Jacob heated up at the plate, but particularly on the mound with stellar outing after stellar outing. And much like many other baseball players he has had his share of aches and pains along the way.

We first got to meet Jacob all the way back when he was in middle school with common issues in the rapid growing early-teenage years- back pain. We were able to work through that without much problem, but the next time he came through my doors, things got a bit more serious. Jacob has had an excellent arm back to his early little league days. The only problem with that is the harder you can throw, the more stress develops on ligaments, tendons and bones, and eventually something had to give... and it ended up being a separation of a growth plate in his elbow. When he first came in after the injury he wasn't able to straighten his elbow!

Jacob worked tirelessly in our office and at home to restore his range of motion, and build up all the muscles and flexibility he needed to get back on the field. Through his dedication and perseverance, he's on the mound doing what he loves, but even more impressive is the way he's performing.

I'm looking forward to seeing Jacob play at the next level.

# Recipe We Love

## Rosemary and Olive Oil Almonds



PREP  
10 m

COOK  
10 m

TOTAL  
20 m

Vitamin E is an important vitamin for maintaining healthy skin. Make these rosemary and olive oil almonds to snack on and get more vitamin E in your diet.

### INGREDIENTS

#### SERVES 4

- 1 cup Almonds, Raw
- 2 tsp Olive Oil, Extra Virgin
- 1/4 tsp Kosher Salt
- 2 tsp Rosemary, fresh

### DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 In a small bowl, toss almonds with olive oil, salt, and rosemary.
- 3 Transfer to a small baking sheet.
- 4 Roast in the oven for 10 minutes.

