

VOL. 1 | JULY 2022

# 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. The 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>

## July's Special Offer: **Free Pillow Fitting**

**10% off 1 Pillow**

**15% off 2 or more Pillows**



A one-size-fits-all pillow would be the same as a shoe store selling just one shoe size: impossible, right? No one is alike and Pillowwise embraces your uniqueness. In order to determine your perfect pillow size, your measurements need to be taken.

### 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: Ethan Abbruzzese



In this month's patient spotlight, we have Ethan Abbruzzese

We first got to meet Ethan this spring. Ethan came to us because he was preparing for starting his career in the fire department. Ethan was diagnosed with lumbar neuritis, a condition that involves inflammation to the nerves along the spinal canal. Those suffering from lumbar neuritis often present with low back pain and shooting pains down the leg. Patients also may experience muscle fatigue or weakness. Ethan's lumbar neuritis was causing lower extremity weakness which in turn was making it difficult for him to pass his fire academy mile run requirement within the strict time allowance. When we joined him on his journey to the Fire Dept. we committed to do everything we could to make sure he would have the best chance at passing that portion of his test.

Ethan rocked his Physical Therapy program and after just 8 visits he was symptom free and best of all he passed his test with flying colors!

Ethan is now a part of the many patient success stories we helped chase their goals and is now a firefighter! We enjoyed working with this young man so much and it was a privilege and honor helping a future real life hero!

Special thanks to all our first responders, you have such a special place in our heart for all that you do!

## Sports Injuries: Is It Ligament Or Muscle Damage?

*Is ligament damage worse than muscle damage?*

This is a question I hear from every client when I tell them they've damaged their ligaments and usually it's going to take a little longer than it would be to heal the same degree of damage in a muscle.

*In order to fully answer this question I've got to explain a little bit about ligaments first.....*

What are ligaments?

Ligaments are tough small bands of connective tissue that join bone to bone and provide support and structure to a joint. They are made up of many fibers of collagen, which is a strong dense material that provides the joints with phenomenal tensile strength.

They also provide feedback to the brain that tells us what position our joints are in without us having to look.

How badly can they be damaged?

Just like a muscle there are varying degrees of damage that can occur to the bodies ligaments. **A grade one damage** is where a few of the fibers are damaged and this causes local pain in the joint especially in any movements that that ligament would support.

**A grade two damage** is where a lot more fibers are damaged and this tends to cause a significant amount of swelling in the area as well as restricted movement with high pain.

**A grade three** is a complete tear of all the fibers where the joint is now longer supported and the ligament is no longer intact. This often leads to surgical intervention to repair the damage.

How do they heal?

As with any damage to the body once the inflammation stage has gone the body starts to lay down new muscle and scar tissue.

Think of this as Playdoh.....at first it's nice and soft and very workable but if you leave it alone or don't apply the right stresses to it it becomes very hard and organized in the wrong way. It's therefore essential that the joint is slowly moved and stretched to return it to its full range of motion.

Then it needs to be strengthened so that everything (ligaments, tendons and muscles) is strong in the area to add more protection to the joint.

*This is a common mistake we see time and time again here in the clinic with ligament injuries especially ankles..... a runner or sports player suffers a grade one or two ligament damage and simply ices it and rests.*

All this does is harden up that scar tissue so that 2-3 weeks later it might ok to walk on but as soon as any stress is put on the joint it causes pain and a restriction in range of motion.

This then makes our job twice as hard as we have to loosen up this scar tissue and then stretch it, which unfortunately takes often twice as long when compared to if we'd seen it 4-5 days following the initial damage.

Repeated damage is also something we see a lot. In this case the ankle has too much movement because the ligaments are over-stretched as a result of these repeated injuries. In this case the muscles around the joint must be strengthened to improve the joint stability. This can often take a lot of time and sometimes it will feel ok to go back to playing sport before it actually is.

This makes this problem very problematic as you feel ok but the risk of re-injury is high. In this case I like to use this rule.....if it just feels 'alright' or 'ok' then it isn't.....wait until it feels strong!!

So in answer to the original question.....just like muscles, ligament damage can be repaired but it is essential that it starts within 10 days of the injury once the new tissue starts to grow so that the new fibers and scar tissue can be moulded correctly and then strengthened according to the needs of the individual's body, sport or daily life.

## 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.

