

CHRIS O'LEARY

1.13.2017

# THE EPIDEMIC

TOMMY JOHN  
SURGERY

**TIPPING  
PROBLEMS**

INPUT/AT FOOT PLANT

POWER POSITION

TOMMY JOHN  
TWIST

FINGERS/HAND ON  
TOP OF THE BALL

HENDERSON ALVAREZ  
MARK APPEL  
EDUARDO RODRIGUEZ

POINT THE BALL  
AT SECONDO BASE

JOSE FERNANDEZ  
HUNTER HARVEY  
WALKER BUEHLER

HORIZONTAL W

SCAP LOADING

DYLAN BLUNDY  
AARON NOLA  
RILEY PINT  
NOAH SIMMERLAIRD

INVERTED W

LOWER BODY  
INEFFICIENCIES

ADAM WAMPRIGHT  
MARK PRIOR  
KERRY WOOD

THORACIC  
OUTLET  
SYNDROME

**TOS-T**

GET YOUR ELBOW UP  
MATT HARVEY



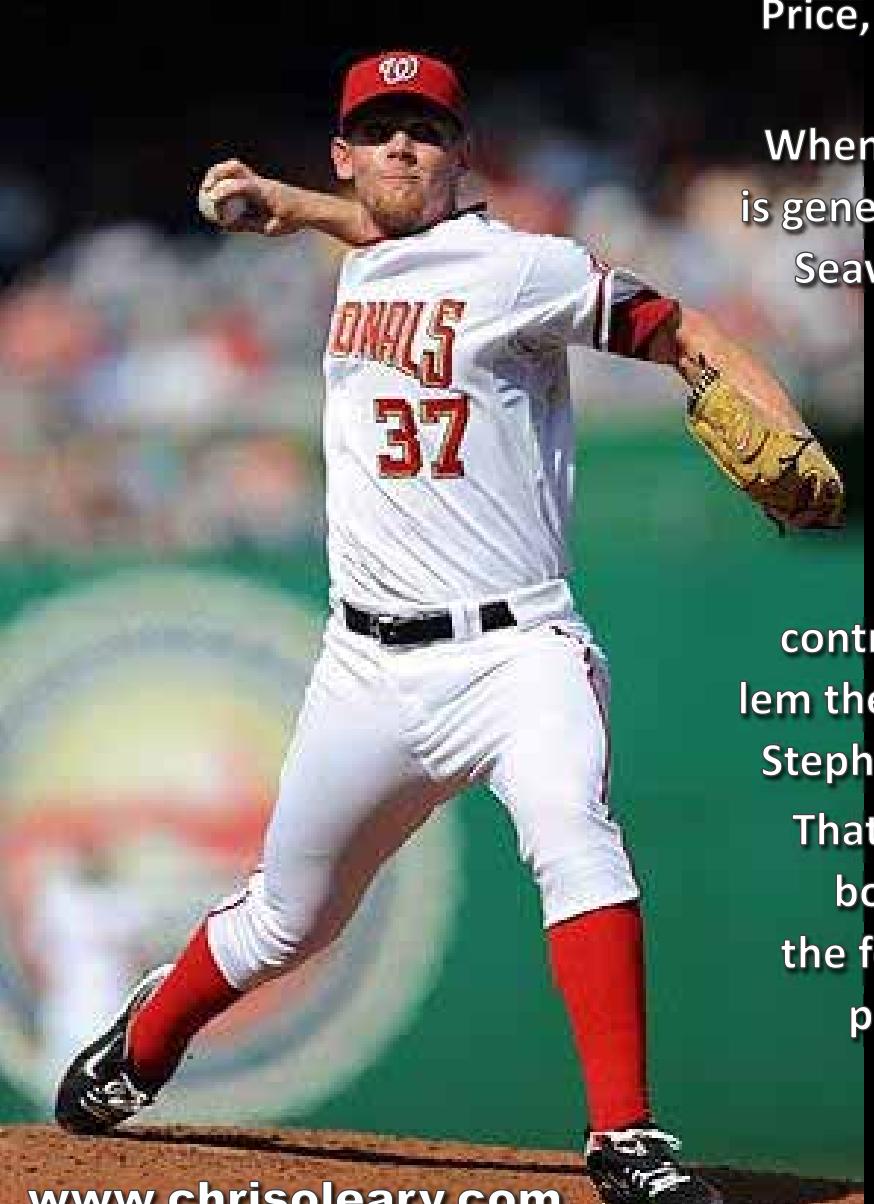
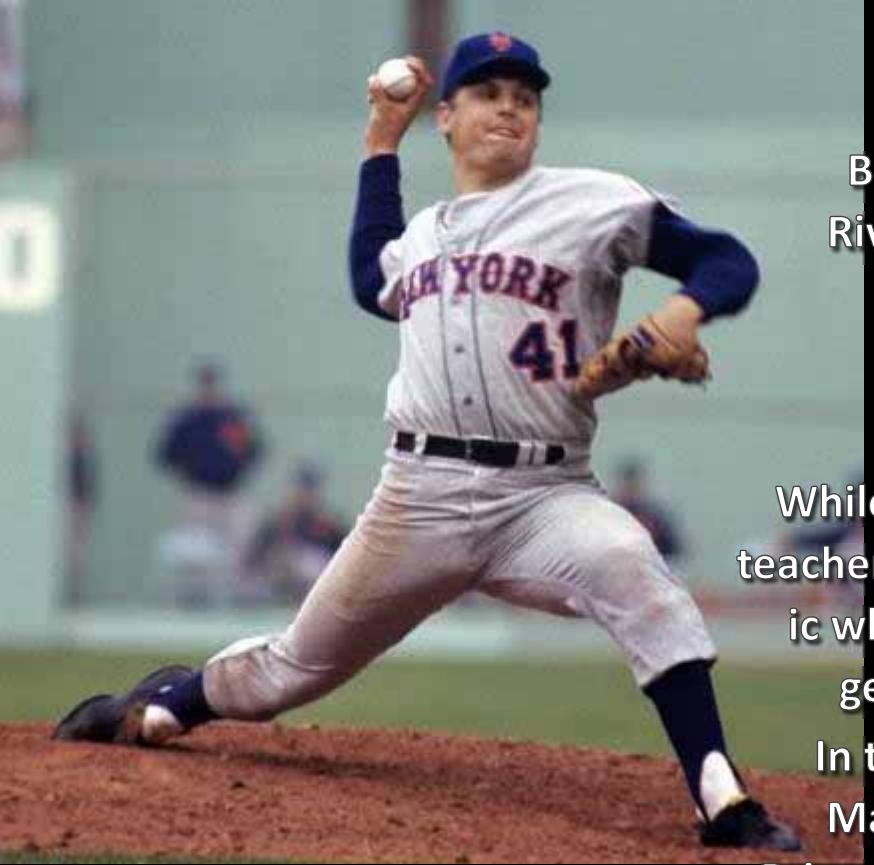
**Chris O'Leary**  
@thepainguy

If the Mets starting pitching was an investment portfolio, it would be all emerging markets & junk bonds. And a few shares of IBM.

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9:50 AM - 12 Apr 2016

**The Epidemic  
Judging Timing  
Beta 1 - 2017.2.4**  
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## THE PRIMACY OF TIMING

Why and how did Tom Seaver last?

Because, like Nolan Ryan and Mariano Rivera, Tom Seaver was a genetic freak.

And how do we know Tom Seaver was a genetic freak?

Because he lasted.

While such a statement would make most teachers throw up, it's what suffices for logic when it comes to the Tommy John surgery and Thoracic Syndrome epidemic. In truth, Tom Seaver — and Nolan Ryan, Mariano Rivera, Justin Verlander, David Price, and others — lasted in large part because of their superior **Timing**.

When his shoulders started rotated, which is generally when the front foot plants, Tom Seaver's pitching arm — and the pitching arms of Nolan Ryan, Mariano Rivera, Justin Verlander, and David Price — was **UP** and ready to accept the load that was about to be placed on it by the rotation of the shoulders. In contrast, and because of the Timing problem the Inverted W can create, at foot plant Stephen Strasburg's pitching arm is **FLAT**.

That is a problem because it will increase both the distance over which, and thus the force with which, Stephen Strasburg's pitching arm will externally rotate and lay back. That in turn will overload the ligaments, tendons, and muscles of his elbow and shoulder.

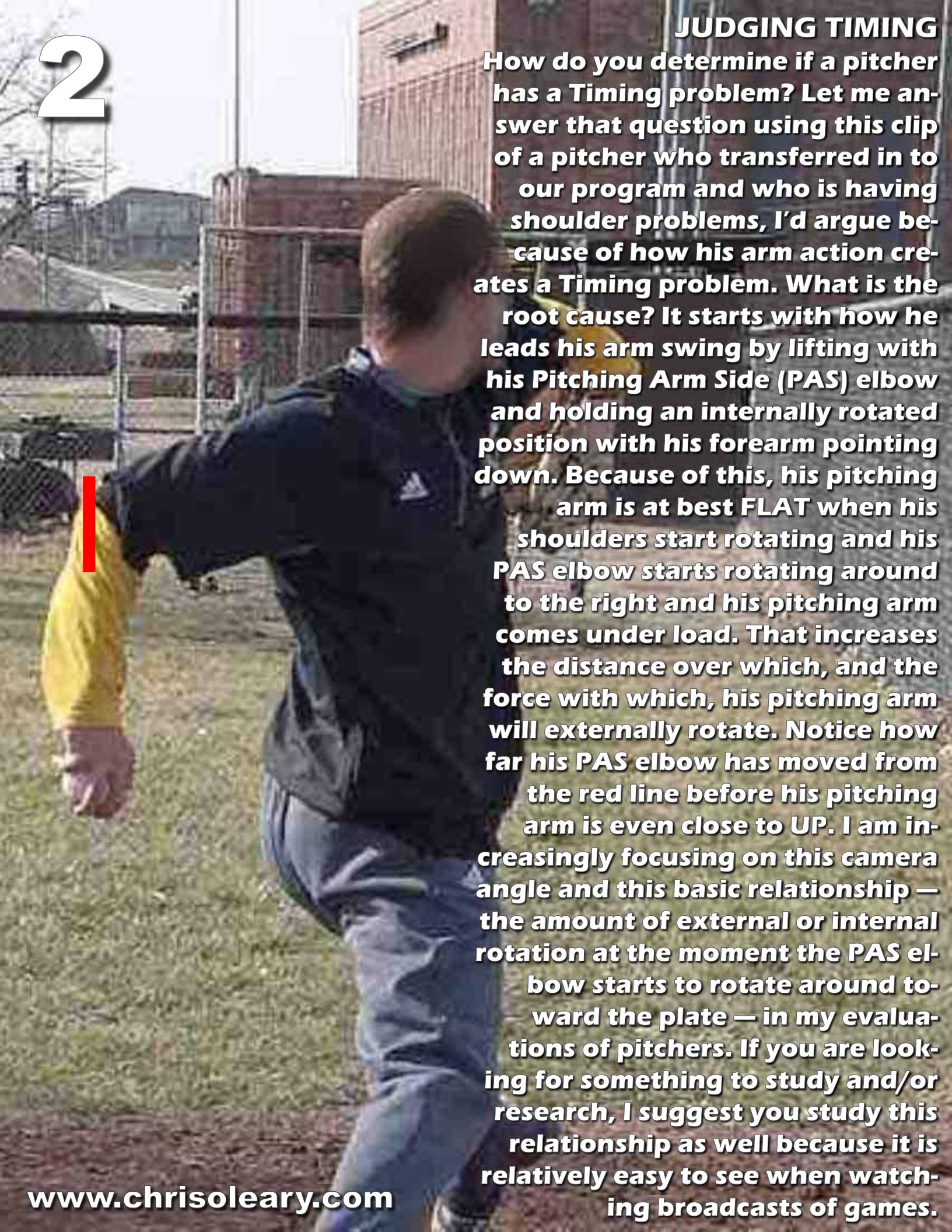
# CASE STUDIES

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## JUDGING TIMING

**How do you determine if a pitcher has a Timing problem? Let me answer that question using this clip of a pitcher who transferred in to our program and who is having shoulder problems, I'd argue because of how his arm action creates a Timing problem. What is the root cause? It starts with how he leads his arm swing by lifting with his Pitching Arm Side (PAS) elbow and holding an internally rotated position with his forearm pointing down. Because of this, his pitching arm is at best FLAT when his shoulders start rotating and his PAS elbow starts rotating around to the right and his pitching arm comes under load. That increases the distance over which, and the force with which, his pitching arm will externally rotate. Notice how far his PAS elbow has moved from the red line before his pitching arm is even close to UP. I am increasingly focusing on this camera angle and this basic relationship — the amount of external or internal rotation at the moment the PAS elbow starts to rotate around toward the plate — in my evaluations of pitchers. If you are looking for something to study and/or research, I suggest you study this relationship as well because it is relatively easy to see when watching broadcasts of games.**



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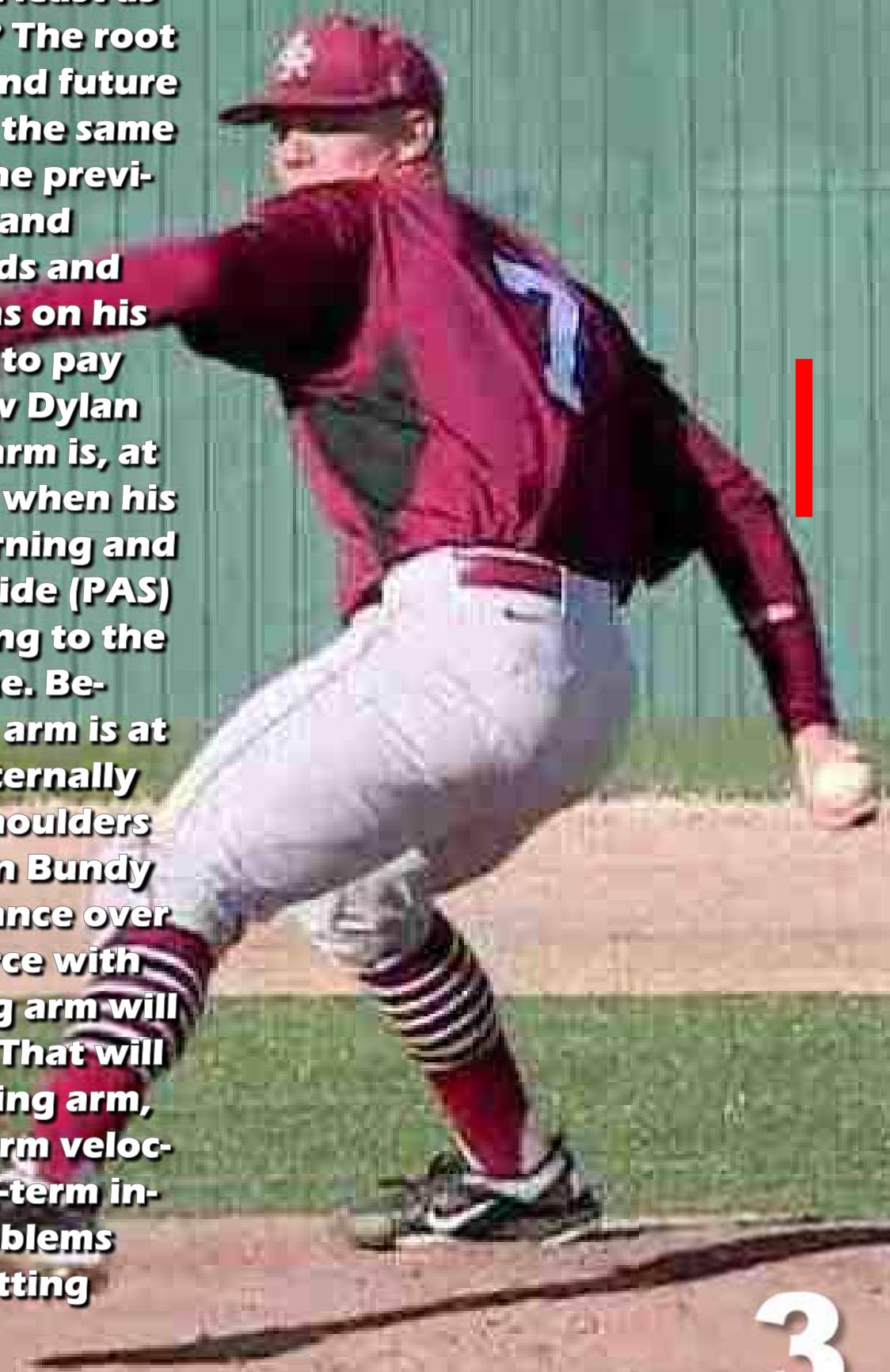
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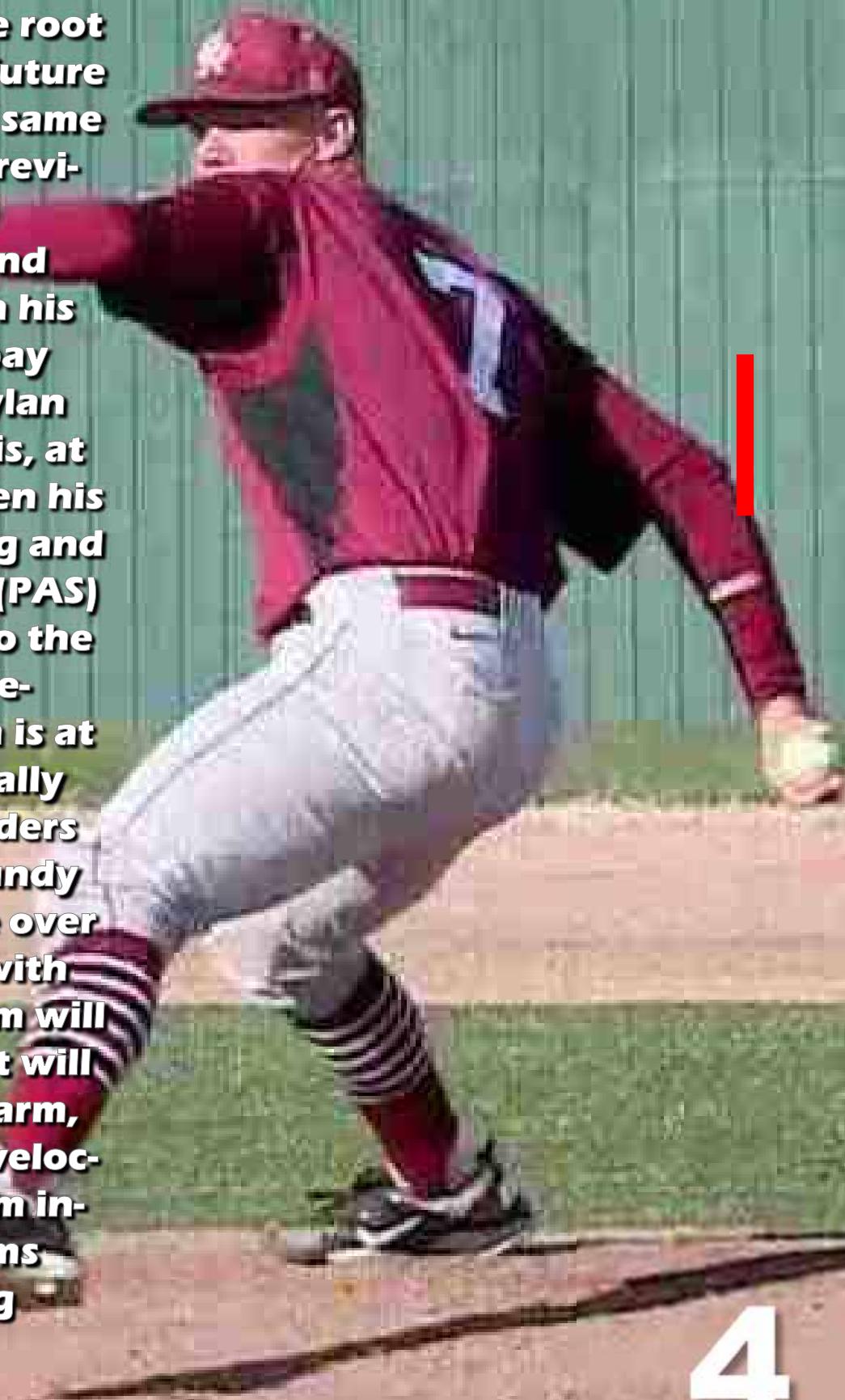
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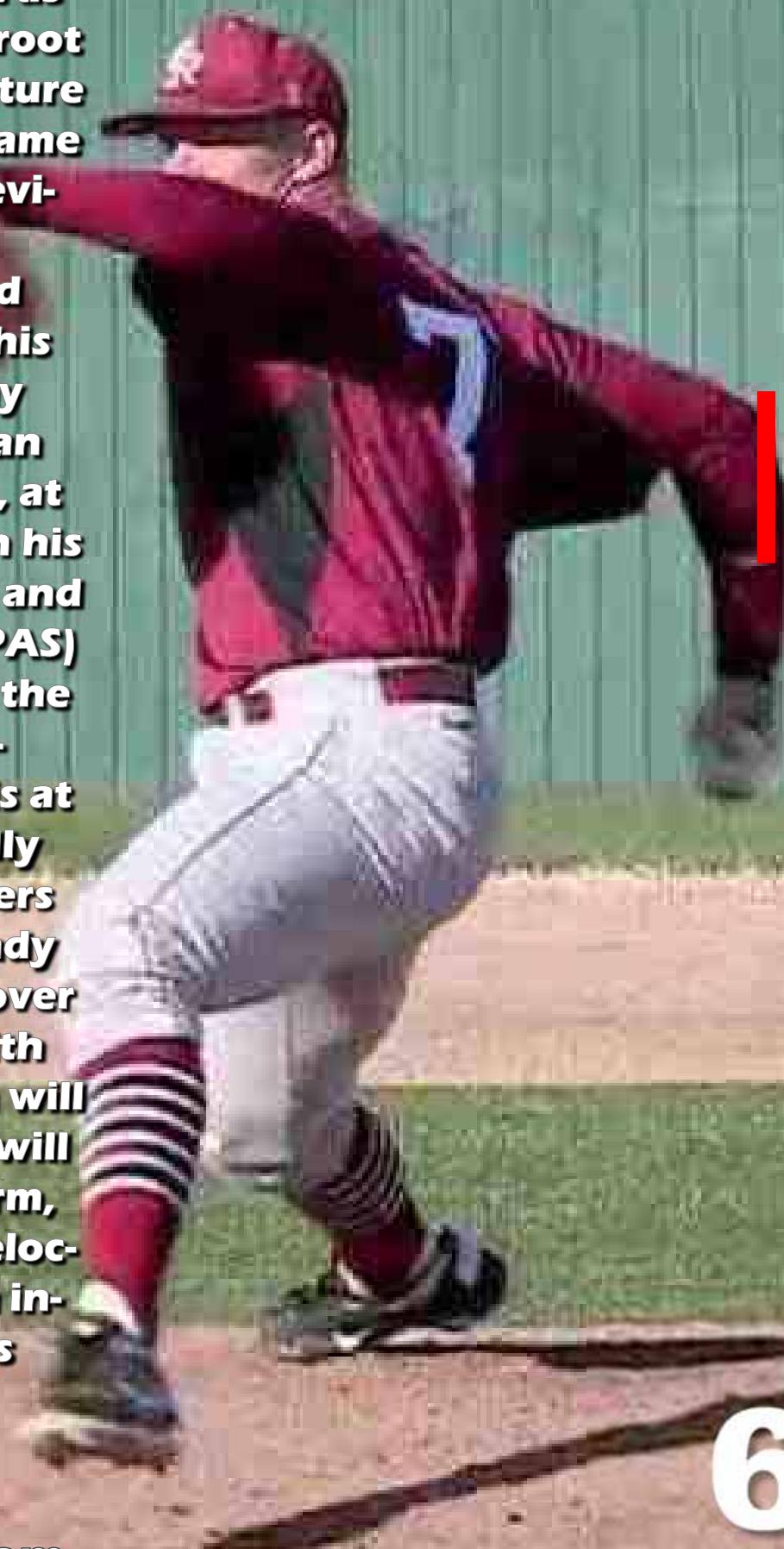
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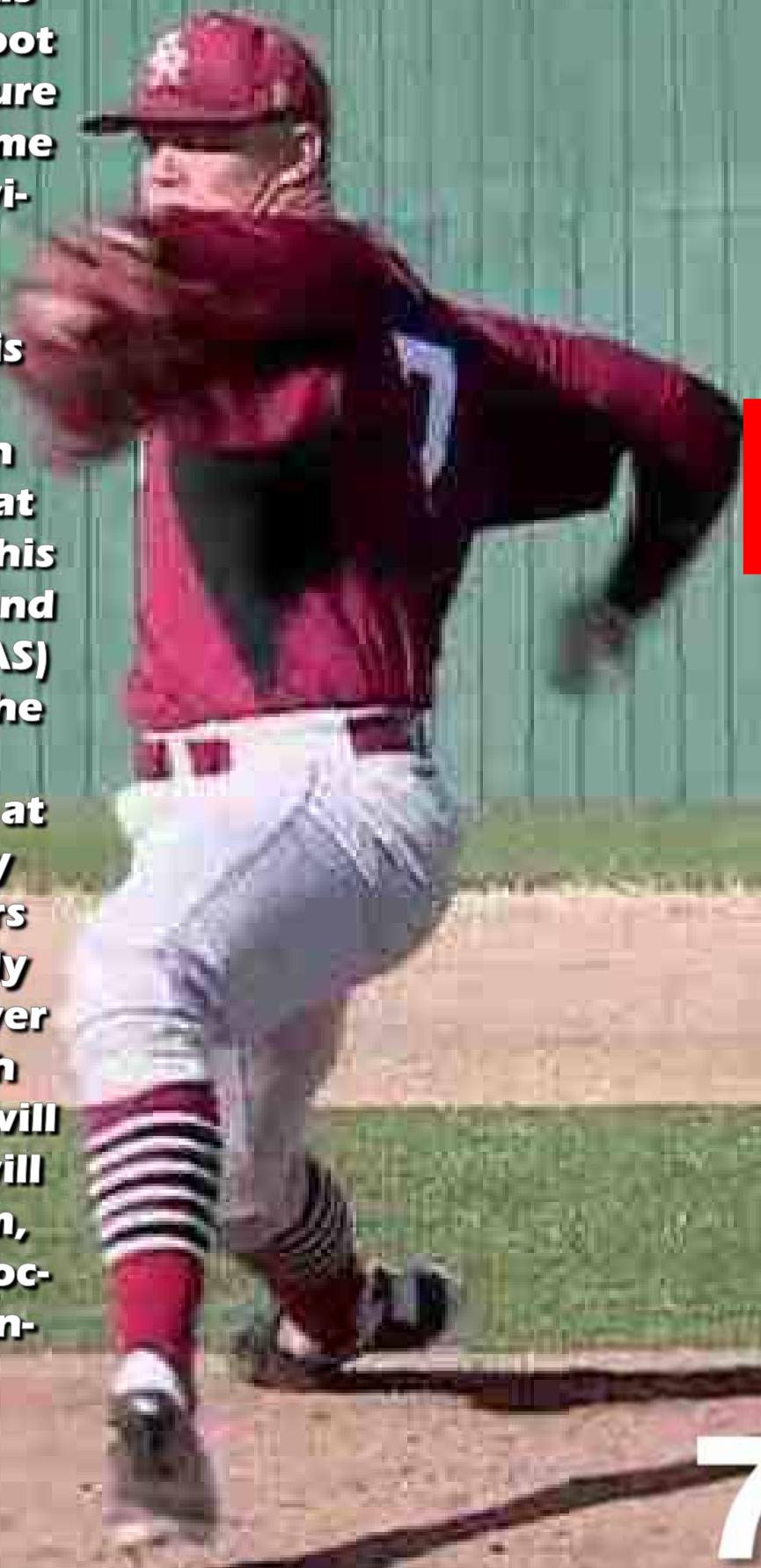
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