



Thrower's Edge Program For Pitchers & Baseball Players

What is the Thrower's Edge Program?

The Thrower's Edge Program is a therapy-based program designed to decrease the likelihood of suffering shoulder and elbow injuries while improving pitching performance. The testing and interventions are based on the latest research in sports medicine.

What does the Thrower's Edge Program consist of?

The Thrower's Edge Program is comprised of two sessions with a licensed physical therapist. The initial session is designed to assess your body's preparation for pitching and predisposition to common pitching injuries. We do this in two ways:

1. Pitching Video Analysis and an Orthopedic Assessment. Once we have identified your limitations in flexibility, alignment, control and strength we make a plan to correct those imbalances.
2. The second session consists of reviewing a Pitcher's Edge Exercise Program designed to correct your specific limitations in strength, control or flexibility. Although it is preferable to start this process during the off-season, this program can still be performed during the season and have an effect fairly quickly.

The Orthopedic Assessment is designed to identify actual limitations in the body such as muscle inflexibility or weakness and joint restrictions or instabilities. Some of the issues on the Video Analysis may not be related to restrictions in the body and are simply how you have learned to pitch. Those factors can be addressed by your pitching coach.

What will the Thrower's Edge Program cost me?

The Thrower's Edge Program is \$300 and includes the Video Analysis, Orthopedic Assessment and Thrower's Edge Exercise Program.

What if I am already injured?

If you are currently fighting through an injury, please do not ignore it! We offer a FREE PHYSICAL THERAPY SCREENING and can inform your doctor of deficits and the need for physical therapy. Once a referral for therapy is obtained after the screening, we can begin treating the injury.

CALL TODAY TO SCHEDULE YOUR PROGRAM or for your FREE INJURY ASSESSMENT