

Pitching Mechanics for the Chiropractic Clinician

Pitch Smart Guidelines

Daily maximum pitches along with recommended off days between pitching starts

Recommendations and objectives for specific age ranges

<https://www.mlb.com/pitch-smart/pitching-guidelines>

Youth Baseball Caregiver Understanding of Safe Pitching Guidelines and Player Injury

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8169035/>

Injury Prevalence among Young Elite Baseball Players

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10383147/>

Trends in pediatric baseball and softball injuries presenting to emergency departments

<https://pubmed.ncbi.nlm.nih.gov/35139728/>

Tommy John surgery is MLB's necessary evil 50 years later: "We created this mess" Bob Nightengale

[Tommy John surgery at 50: MLB's necessary evil has changed baseball \(usatoday.com\)](https://www.usatoday.com/story/sports/mlb/2021/05/11/tommy-john-surgery-50-years-later/7000000002/)

Stages of the Pitching Motion

The Clinician's Guide to Baseball Pitching Biomechanics

<https://pubmed.ncbi.nlm.nih.gov/35465789/>

Movement System Dysfunction Applied to Youth and Young Adult Throwing Athletes

<https://pubmed.ncbi.nlm.nih.gov/35024209/>

Movement Evaluation

Evaluation of the Field Tests and Flexibility of the Lower Extremity: Reliability and the Concurrent and Factorial Validity

<https://pubmed.ncbi.nlm.nih.gov/20802292/>

The Lateral Scapular Slide Test: A Reliability Study of Males with and without Shoulder Pathology

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2953361/>

Evidence-Based Procedures for Performing the Single Leg Squat and Step-Down Tests in Evaluation of Non-Arthritic Hip Pain: A Literature Review

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6044589/>

The Shoulder Endurance Test (SET): A Reliability and Validity and Comparison Study on Healthy Overhead Athletes and Sedentary Adults

<https://pubmed.ncbi.nlm.nih.gov/33321268/>

Using the Star Excursion Balance Test to Assess Dynamic Postural-Control Deficits and Outcomes in Lower Extremity Injury: A Literature and Systematic Review

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3392165/>

A Field-Expedient Arm Care Screening Tool Can Identify Musculoskeletal Risk Factors in Baseball Players

<https://pubmed.ncbi.nlm.nih.gov/36203312/>

Exercises

Injury Prevention in Baseball: From Youth to Pros

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5825337/>

Efficacy of a Prevention Program for Medial Elbow Injuries in Youth Baseball Players

<https://pubmed.ncbi.nlm.nih.gov/29095655/>

Buchberger 12 Exercises

<https://www.shouldermadesimple.com/>

<https://www.shouldermadesimple.com/product/buchberger-12-clinical-edition/>