



DITCH THE COMPUTER TO PITCH?

Do we need to ditch computers for our young athletes?

March 27, 2013

Mike Napierala PT, SCS, CSCS, FAFS, NG360
PEAK PERFORMANCE, Physical Therapy/Sports Training

A parent emailed a question about their 9 yr old son who is a computer frequenting young pitcher. His pediatrician suggested that this could affect his pitching.

First, kudos to the pediatrician for really thinking about the impact that *prolonged computer* use might have biomechanically. As a society in general it's obvious that with increased technology we've seen both the young and the "more experienced" succumb to the visual fascination and allure of the internet, email, social media...etc. In doing so that can mutually exclude general physical activity...and as one of my wise professors from PT school once said...**"Use it or lose it."**

Do we need to ditch computers for our young athletes?

Absolutely not necessary!

Should that time be limited or at least broken up by some physical activity?
...Now there's some food for thought!

My concern for the pitcher is that **"shutting down" the hips, thoracic spine (trunk) and scapula (shoulder blade)** with prolonged sitting at the computer can contribute to the tendency to become a more "all-arm" type thrower due to those key areas having been a bit asleep and accustomed to being in that rounded posture and shortened positioning while at the computer for hours.

Pitching a baseball or even just throwing in general, along with tons of other sports motions, requires *large arcs of motion at high velocity* - and to be done well, safely, and frequently

requires important contributions from the rest of the body

....from the feet up to the head/eyes.

Keeping up the **3D motion** of the hips, trunk, and scapulae is a huge key to not only **pitching well** but just remaining **injury free** so you can be out on the field participating rather than in the dugout "on the DL"

The information provided is intended for general informational and educational purposes only. It is not intended to substitute for professional advice from a healthcare provider or to be considered provision or practice of physical therapy. You should always directly seek advice from a qualified healthcare professional if you are experiencing signs or symptoms of injury, illness, or disease. While Peak Performance Physical Therapy/Peak Performance Sports Training makes every attempt to provide accurate and reliable information, the owners/employees/heirs do not represent, warrant, endorse, approve or certify any information displayed, uploaded, downloaded or distributed on its behalf nor does it guarantee the accuracy, efficacy, completeness or timeliness of these

educational materials. You hereby represent and warrant that you are at least 18 years of age and have legal capacity to use this website and materials contained therein. Under no circumstances will Peak Performance Physical Therapy/Peak Performance Sports Training, its owners/employees/heirs be liable for any damage caused by reliance upon information provided on or through this website. Use of this information is voluntary and is done at your own risk The Game of Life-- Play It