

The Physics of Pitching is a well-rounded and comprehensive study that explores the formula for success in pitching and the secret to staying healthy and injury free. It brings together the expertise of a professional scout and pitching consultant, a former major league pitcher and current pitching coach, a sports orthopedic surgeon, and a strength and conditioning specialist. Step-by-step instruction is combined with a discussion of the fundamentals of pitching mechanics and kinetics, physiology and orthopedics, weight training, and the mental and strategic sides of baseball. The Physics of Pitching is illustrated throughout with step-by-step photography and detailed illustrations of the key mechanics.

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