



When randomly examining 10 pitchers who have recently been placed on the injured list due to severe arm injuries, a consistent observation emerges. Throughout the years, it becomes apparent that their attempts to "improve" or "fix" their mechanics, or to enhance their pitch shaping data, have resulted in a violation of their inherent motor preferences regarding their most optimal and healthy arm slot.

The 2 ABSOLUTES of Motor Preferences are:

The combination of:

- **Whether he has a Vertically or Horizontally Organization.**
- **Whether he has a High or Low mobile point in the spine.**

These 2 Motor Preferences play a crucial role in determining a pitcher's effectiveness, efficiency, energy conservation, and overall arm health.

They are absolute & unchangeable. Any attempts to alter or influence them will have severe consequences and lead to significant arm injuries.

These innate preferences have been ingrained in our motor skills since birth and serve as indicators of the athlete's most favored arm slot. This fundamental motor skill remains constant and cannot be modified.

Your Body is your Best Coach

I wasn't able to profile Antonio in person, but from the info I can find online, he looks like a VERTICAL oriented athlete, with a high mobile point!

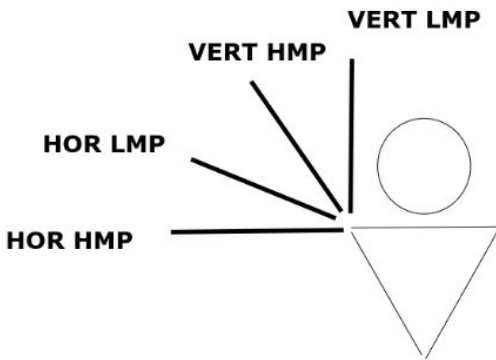
Antonio Senzatela Shut Down With Elbow Sprain

So Antonio's most healthy release point, would be #3 (VERT HMP) on the picture!!

Which corresponds with the picture, earlier in his career!



EARLIER IN HIS CAREER



By comparing how he threw earlier in his career to the present, it becomes evident that he exhibits a significantly higher number of Horizontal Release properties.

However, these properties are completely divergent from his natural motor preferences and actually work against him.



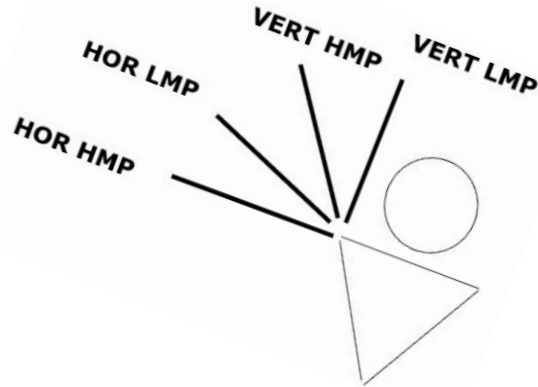
MLB '23

I wasn't able to profile German in person, but from the info I can find online, he looks like a HORIZONTAL oriented athlete, with a high mobile point!

Rockies right-hander German Marquez to have Tommy John surgery



EARLIER IN HIS CAREER



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So German's most healthy release point, would be #1 (HOR HMP) on the picture!!

Which corresponds with the picture, earlier in his career!



MLB '23

I wasn't able to profile Drew in person, but from the info I can find online, he looks like a HORIZONTAL oriented athlete, with a high mobile point!

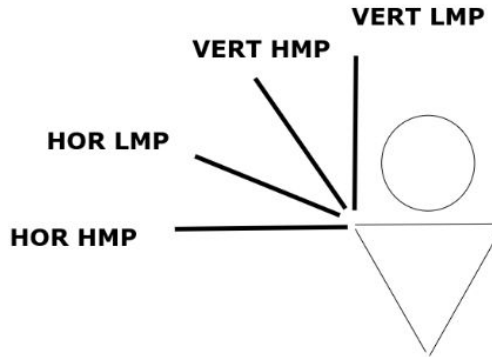
Drew Rasmussen Shut Down For Two Months With Flexor Strain

So Drew's most healthy release point, would be #1 (HOR HMP) on the picture!!

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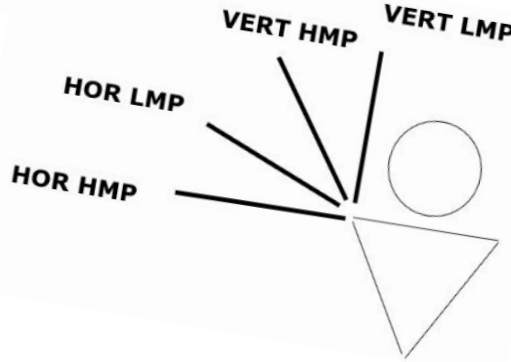
Reports: Rays' Jeffrey Springs to undergo Tommy John surgery

So Jeffrey's most healthy release point, would be #3 (VERT HMP) on the picture!!

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EARLIER IN HIS CAREER



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MLB '23

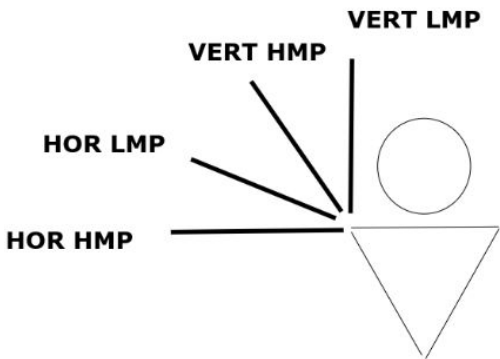
I wasn't able to profile Tyler in person, but from the info I can find online, he looks like a VERTICAL oriented athlete, with a high mobile point!

Tyler Mahle To Undergo Tommy John Surgery

So Tyler's most healthy release point, would be #3 (VERT HMP) on the picture!!
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MLB '23

I wasn't able to profile Max in person, but from the info I can find online, he looks like a HORIZONTAL oriented athlete, with a high mobile point!

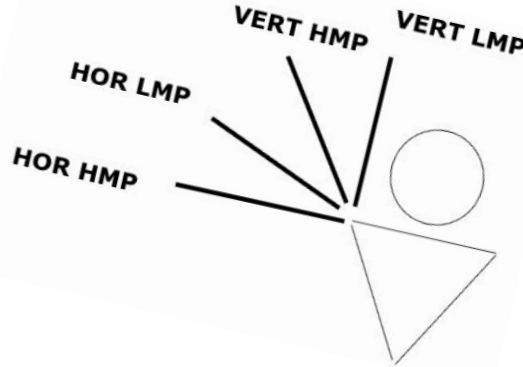
Max Fried Facing Notable Absence Due To Forearm Strain

So Max's most healthy release point, would be #1 (HOR HMP) on the picture!!

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MLB '23

I wasn't able to profile Mason in person, but from the info I can find online, he looks like a VERTICAL oriented athlete, with a high mobile point!

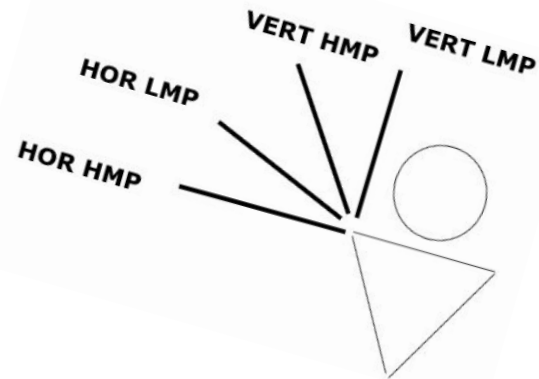
Mason Miller dealing with tightness in throwing elbow

So Mason's most healthy release point, would be #3 (VERT HMP) on the picture!!

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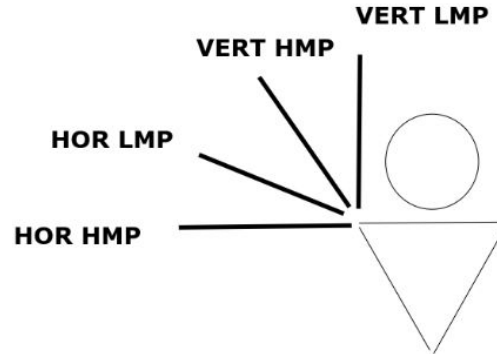
MLB '23

I wasn't able to profile Lou in person, but from the info I can find online, he looks like a HORIZONTAL oriented athlete, with a high mobile point!

Yankees' Lou Trivino to Undergo Tommy John Surgery

So Lou's most healthy release point, would be #1 (HOR HMP) on the picture!!

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MLB '23

"Baseball's Injury Crisis: Understanding the Rise of Throwing Injuries"



In baseball, throwing-related injuries have increased dramatically since 2000, making it more important than ever to prioritize player development and health. This highlights the importance of understanding and working with an individual's natural motor preferences.

Coaches, instructors, data analysts, and biomechanical analysts who attempt to instruct, manipulate, and force an athlete's posture outside of their natural motor preferences, can lead to a number of problems. These can include injuries, as the athlete may not be able to perform movements that are unnatural to them, and a lack of flow, as the athlete may not be able to perform in the way that feels most comfortable and natural to them.

A fundamental question that Major League clubs must ask themselves is what their priority is in player development and what they want to achieve with it. Some teams may prioritize having players that fit their 'numbers philosophy', while others may prioritize having healthy and durable players to save money in the long run. However, if a team's priority is to have players that fit their numbers philosophy, they must keep in mind that changing the way players throw, swing, catch, and run outside of their natural motor profile in an attempt to "improve" or "fix" their mechanics or movement patterns is often met with failure. This is because those attempting to make the changes do not understand the complexities of changing individual motor patterns

On the other hand, if a team's priority is to have healthy and durable players, then [#BaseballActionID](#) can help profile players and make personal development plans on both the motor and cognitive-emotional side of the individual. This is an unbreakable rule for player development and can help teams save money in the long run while also ensuring the health and well-being of their players.

An athlete's natural motor preferences are an important aspect of their innate inner structure. These preferences include the way an athlete perceives, feels, thinks, and moves. Ignoring or working against these preferences can impede an athlete's ability to perform at their best and reach their full potential. It's important for coaches and instructors to understand that every athlete is unique and has their own set of natural motor preferences.

These preferences may be influenced by factors such as genetics, past experiences, and even personality. By taking the time to understand and work with an athlete's natural motor preferences, coaches and instructors can help the athlete reach their full potential, while also reducing the risk of injury, ultimately leading to a more successful and sustainable career in baseball.

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