

Unique Training Approach Prevents Injuries in Youth Baseball Players

Video analysis helps athletic trainers correct each player's mechanics to take strain off of arm

Nationwide Children's Hospital

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NEWS PACKAGE

SUGGESTED TEASE	BASEBALL SEASON IS HEATING UP AND A NEW CONCEPT IN TRAINING IS HELPING KIDS STAY IN THE GAME. THE DETAILS ON A UNIQUE, HIGH-TECH APPROACH TO PREVENTING ARM INJURIES, COMING UP.
ANCHOR LEAD	AS THE WEATHER WARMS UP, IT'S TIME FOR BASEBALL SEASON, AND KIDS NATIONWIDE HAVE ALREADY BEGUN ENJOYING AMERICA'S FAVORITE PASTIME. BUT WITH PRESSURE TO COMPETE AND MORE KIDS PLAYING YEAR ROUND, THEY COULD BE VULNERABLE TO INJURIES. IN FACT, ABOUT SEVENTY-FIVE PERCENT OF YOUTH BASEBALL PLAYERS REPORT HAVING ARM PAIN. ¹ NOW A NEW PROGRAM IS HELPING TO PREVENT THESE INJURIES AND KEEP THEM IN THE GAME. BARB CONSIGLIO HAS THE DETAILS.
(PACKAGE START) -----	
CG: Courtesy: Nationwide Children's Hospital :00 - :03 Shots of Jeremiah pitching	(Nats - Michael: <i>"Angle's up now, where before it was off to the side."</i> Jeremiah: <i>"Yeah."</i>) :03
CG: Jeremiah Cangelosi High school pitcher Shots of Jeremiah pitching	JEREMIAH CANGELOSI (CAN-jel-OH-see) HAS LOVED BASEBALL SINCE THE AGE OF THREE. :03 <i>"I throw two or three times a week, and then I usually play all year except for three months in the winter."</i> :06 BUT PITCHING THAT MUCH CAN TAKE A TOLL. :02 (Nats - Jeremiah pitching, ball hitting mitt) :01
Jeremiah Cangelosi (CG'd earlier)	<i>"I have had soreness just from throwing a lot and everything."</i> :03

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<p>Shot of Michael taking video of Jeremiah pitching</p>	<p>IT TURNS OUT THE CAUSE OF THAT SORENESS WASN'T JUST THE NUMBER OF PITCHES HE THREW. :03</p> <p>(Nats - Jeremiah pitching with Michael taking video) :01</p>
<p>Michael discussing video with Jeremiah</p>	<p>IT WAS ALSO IN HIS FORM. :02</p> <p>(Nats) Michael: "Instead of just bringing it down, come across this way so it's natural, so you don't dip down." Jeremiah: "Yep." :04</p>
<p>Shots of Michael working with Jeremiah, reviewing video in bullpen</p>	<p>TWO YEARS AGO HE STARTED WORKING WITH MICHAEL MACATANGAY (MAC-uh-TANE-gay), AN ATHLETIC TRAINER AT NATIONWIDE CHILDREN'S HOSPITAL WHO HELPED DEVELOP A UNIQUE INJURY PREVENTION PROGRAM. :07</p> <p>(Nats) Michael: "Right there. Elbow and hand is gonna be right at 12-o-clock." :05</p>
<p>CG: Michael Macatangay, ATC Nationwide Children's Hospital</p>	<p>"One of the components we use in this injury prevention program is they actually analyze their throw using video analysis through our iPad." :07</p>
<p>Jeremiah Cangelosi (CG'd earlier)</p>	<p>"It really showed me my arm's not on time with the rest of my body, which was putting a lot of strain on my arm." :05</p>
<p>Shots of pitching clinic with players and trainers</p>	<p>THIS ALLOWS ATHLETIC TRAINERS TO FIND AND FIX THROWING HABITS THAT CAN LEAD TO INJURIES, PERSONALIZING A PLAN FOR EACH PLAYER. :05</p> <p>Nats of Michael showing player video - "Front foot's got to be a little left, gives you that good foundation." :02</p>
<p>Michael Macatangay (CG'd earlier)</p>	<p>"Every athlete, every thrower has a different type of throwing angle." :04</p>
<p>Shot of trainer with ipad talking to player</p>	<p>(Nats) "See how you step and it goes down?" :01</p>
<p>Shots of pitching clinic in gym</p>	<p>ATHLETIC TRAINERS ARE HOPING SCHOOLS AND BASEBALL LEAGUES WILL USE THE PROGRAM AS A MODEL TO HELP KIDS STAY ON THE FIELD AND OUT OF THE DOCTOR'S OFFICE. 07</p> <p>(Nats - Michael with iPad) "Do that one again." :02</p>
<p>Michael Macatangay (CG'd</p>	<p>"They stay healthy, they enjoy the sport more and,</p>

EXTRA BITES

<p>CG: Michael Macatangay, ATC Nationwide Children's Hospital</p>	<p>Macatangay explains the goal of the program: <i>"There's always going to be a risk of injury playing in any sport. What we want to try to do is minimize that. We want to minimize all of those deficits that could potentially cause an injury by doing this type of program."</i></p> <p>Macatangay explains why they monitor players the whole season: <i>"It gives us an ability to be able to monitor their progress to see if anyone's injured throughout the season, the middle of the season, and more importantly, if anything changes from their beginning testing to the middle testing to the end of their testing."</i></p> <p>Macatangay says year-round play presents injury risk: <i>"A lot of our youth adolescents really will play almost all year long, and that, I think, exposes them for that potential injury."</i></p> <p>Macatangay says the program can prevent minor issues from becoming major injuries: <i>"A simple strain that could be prevented or catch early can be a simple, maybe a four week process in terms of rehab. Where if you go from a sprain or a strain to a chronic injury, it takes you the whole entire season."</i></p>
<p>CG: Jeremiah Cangelosi High school pitcher</p>	<p>Jeremiah says he could see improvement through the video analysis: <i>"We worked through that, used the video and they broke it down with me every time we met, and I was really able to see it, see how I was improving and continue to improve that now I'm a lot better because of that."</i></p> <p>Jeremiah explains the benefits of the trainers explaining the video analysis: <i>"Being able to see that is so crucial. Having somebody else's opinion on it, they can look at it with you and break it down, it's so important, cause they can see that you can't necessarily see, especially with your own delivery because you've been doing it for so long, it just looks right."</i></p> <p>Jeremiah says the program has helped him stay healthy: <i>"This is really good for staying healthy, and it just really helps you control your own body."</i></p>

References

¹*Injury Prevention in Baseball: from Youth to the Pros. Musculoskeletal Medicine,*

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