

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>Michael Macatangay (CG'd</p>	<p>(Nats - Michael with iPad) "Do that one again." :02</p> <p>"They stay healthy, they enjoy the sport more and,</p>

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