



American Sports Medicine Institute

## **Baseball Pitchers Needed for a Study Looking at the Effects of Ball Size and Weight on Pitching**

The American Sports Medicine Institute (ASMI) is conducting a study to try to help make baseball safer and can use your help. Particularly, we are looking at how ball weight and size affect pitching mechanics, arm stress, and ball velocity.

ASMI is looking for healthy college and professional baseball pitchers to volunteer to participate. This means coming to ASMI (located at Ascension St. Vincent's Birmingham) for:

- A one-time visit to the biomechanical lab located in ASMI. The visit will last about two hours.
- Researchers will place reflective markers on certain bony landmarks on your body and use a motion capture system to track your pitching.
- After warming up as you wish, you will be asked to pitch about 30 full-effort fastballs with baseballs with slightly varied weights and size.

For your participation:

- you will receive a \$100 debit card after completion of this pitching test; and
- you or your coach will receive an online review of your biomechanics.

**If you are interested in participating in the study or would like more information, please email ([jons@asmi.org](mailto:jons@asmi.org)) or call (205-918-2119) Jon Slowik, PhD (biomechanist at ASMI), or use the QR code below.**



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*Education and Research in Orthopaedics and Sports Medicine*

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