
Learning Objectives

MedBridge

Advanced Rehab for the Baseball Pitcher to Improve ROM & Strength

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Course Objectives:

Upon completion of this course, learners will be able to:

- Understand the pertinent anatomy and biomechanics of the baseball pitcher to help the practitioner better differentiate the structures commonly involved during the overhead throwing motion
- Outline and administer an assessment of the overhead baseball thrower that considers the adaptive changes that occurs with throwing
- Develop a coordinated and evidence-based treatment strategy for the baseball pitcher to help improve and return to his sport safely