

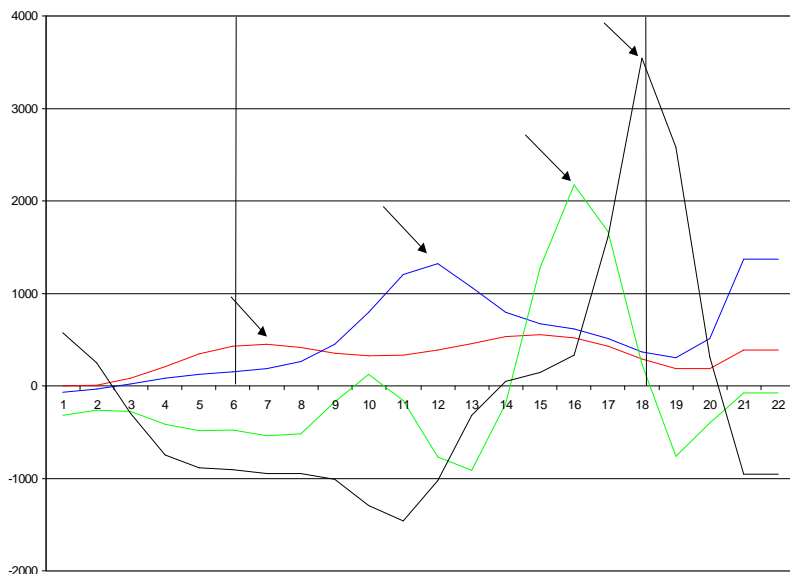
Pitching Kinetic Link Comparison

This kinetic link is a great example of an efficient pitching movement pattern.

The lower body is very effective in creating power using front foot contact and lower body speed and power.

Energy is transferred very effectively to the arm.

Arm speed is effective and created with minimal elbow or shoulder stress.



This kinetic link is an example of poor lower body power contribution and stability.

This is also an example of poor speed transfer from lower body to arm.

Arm speed is created without the benefit of big muscle contribution and high stress is placed on the shoulder.

