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FOR IMMEDIATE RELEASE

DRIVELINE BASEBALL PITCHER TRAINING

Explanation for Health Care Providers

Seattle, WA – Driveline Baseball is a very specific non-medical process designed to train both healthy/asymptomatic pitchers as well as those who were previously injured and need guidance to return to full function. Our method relies on the following main techniques:

1. Physical Screening Process – Measuring Range of Motion in various joints and specific strength-responses to movements in constrained planes of motion using goniometers, manual review, EMG sensors, etc.
2. Biomechanical Screening Process – Analyzing quality of movement using high-speed cameras, force plates, and other tools in combination with our previous history as baseball coaches/trainers.
3. Ballistic Screening Process – Determining efficiency of throwing ability by measuring velocity of thrown objects ranging from 3 oz. to 7 oz.
4. Strength Training – Heavily structured around free weight training using barbells, dumbbells, powerblocks, medicine balls, suspension training, and other modalities.
5. Mechanical Training – Structured around self-discovery using overload/underload implements and constraint drills to imprint a more efficient and effective mechanical pattern for the athlete.
6. Arm Speed-Strength Training – Designed around long toss principles and weighted baseball training principles to develop higher-threshold motor units.
7. Recovery Protocols – Over half of the program is designed around increasing the ability to accept force and endure long bouts of training, using traditional tools like rebounders, ergometers, electrical muscle stimulation units, and other concepts.

Driveline Baseball trainers are not medical professionals and never attempt to represent a physical therapist, orthopedist, chiropractor, or attempt to practice anything medical in nature. We do, however, build a network of highly-qualified PTs, manual therapists, Orthopods, and other medical professionals to refer business back and forth. Driveline Baseball prides itself in working hand-in-hand with other professionals to maximize results for our athletes.

Continuing education is a mandatory and large part of being a trainer at Driveline Baseball, and all trainers have a minimum level of knowledge of applied biomechanics, kinesiology, manual therapy, physical training, and mental stress monitoring to ensure that athletes do not exceed their limitations and unnecessarily place themselves at risk. Kyle Boddy gives seminars in front of medical professionals and baseball coaches around the world to open himself up to critical review while getting the opportunity to hear other professionals in the world speak about their craft, and literature is constantly being purchased and reviewed.

Exercises and modalities at Driveline Baseball are constantly being reviewed and analyzed for effectiveness in the Driveline Sports Science lab using our synchronized four-camera system, high-speed cameras, EMG sensors, force plates, dynamometers, radar guns, athlete feedback, and other measurement tools. It is our sincere desire to throw out modalities that are ineffective and replace them with higher-quality training protocols that achieve better results.

To that end, Driveline Baseball is extremely interested in partnering with local, national, and global organizations who press forward on the topics of athletic training and injury rehabilitation to broaden our horizons.

In closing, Driveline Baseball encourages collaboration to facilitate an injury-free baseball athlete by using multiple methods of rehabilitation and training.

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If you would like to discuss this release further or have partnership opportunities, please contact Kyle Boddy at kyle@drivelinebaseball.com.