**The Effect of Left Pelvic Positioning on Range of Motion Deficits**

**in Collegiate Baseball Pitchers**

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Context: Shoulder injuries are a significant problem in baseball players.  The relationship between shoulder range of motion (ROM) deficit, hip joint flexibility and function of the diaphragm has been investigated as a global contributor to injuries in overhead athletes.  Objective: To investigate the effects of pelvic positioning on shoulder total ROM and IR, and contralateral hip internal rotation (IR) of baseball players.  Design: Pretest/posttest observational cohort study with repeated measures  Setting: NCAA Division II baseball team  Patients: Ten male pitchers  Intervention: Left hip repositioning technique  Main Outcome Measure(s): ROM was assessed using a digital inclinometer for right shoulder IR, right shoulder total ROM, left hip IR, and presence of left anterior inferior chain (AIC) pattern.  Results:  During the 5-day intervention, 6 pitchers presented without the left AIC pattern, while 4 presented with the left AIC pattern in up to half of the 10 encounters.  Participants without the left AIC pattern increased right shoulder IR, right shoulder total ROM, and hip IR an average of 12.3% (SD 23.8), 18.1% (SD 10.6), and 35.6% (SD 38.2), respectively.  Participants with the left AIC pattern increased right shoulder IR, right shoulder total ROM, and hip IR an average of 7.3% (SD 22.4), 14.2% (SD 9.0), and 16.3% (SD 12.4), respectively.  Conclusions:  Participants experienced changes in ROM as a result of regular throwing per prior research.  However, the left AIC pattern did not occur as frequently as hypothesized; therefore, the effects of left pelvic positioning on shoulder and hip ROM are unclear.