

# AN ANALYSIS OF FELIX HERNANDEZ'S PITCHING MOTION & MECHANICS

2/27/2006

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### General Comments About Felix Hernandez

- RHP
- 6' 3"
- 225 lbs.

### Comments About Felix Hernandez's Pitching Motion And Mechanics

- Points glove down 3B line, which helps him powerfully rotate his shoulders.
- May be vulnerable to control problems due to how much his head moves around (and off of the target).
- Green flags...
  - Not too much reverse-rotation of shoulders.

Injury Risk Rating = Worse Than Average

Year	Ag	Tm	Lg	W	L	G	GS	CG	SHO	GF	SV	IP	H	R	ER	HR	BB	SO	HBP	WP	BFP	IBB	BK	ERA	*lgERA	*ERA+	WHIP
2005	19	<a href="#">SEA</a>	<a href="#">AL</a>	4	4	12	12	0	0	0	0	84.3	61	26	25	5	23	77	2	3	328	0	0	2.67	4.32	162	0.996
1 Yr	WL%	.500		4	4	12	12	0	0	0	0	84.3	61	26	25	5	23	77	2	3	328	0	0	2.67	4.32	162	0.996
<a href="#">162 Game Avg</a>				11	11	34	34	0	0	0	0	238.7	172	73	70	14	65	218	5	8	929	0	0	2.67	4.32	162	0.996

## Glossary

- GS = Glove Side
- PAS = Pitching Arm Side



1. 1



2. 1



3. 1



4. 1



2



5. 1



6. 1

**2/27/2006:** Ala Freddy Garcia, points glove down 3B line, which helps him powerfully rotate his shoulders. Not too much reverse-rotation of shoulders. Notice how he's taking the ball pretty much straight back toward 2B.



7. 1



8. 1



9. 1



2



10. 1

**2/27/2006:** Nice long arm swing. Just starting to flex his PAS elbow in preparation for turning over his PAS forearm.



11. 1



12. 1



13. 1

**2/27/2006:** GS heel is just starting to plant. PAS elbow is flexed approximately 90 degrees. Does appear to be doing some Scap(ular) Loading but his PAS elbow is below his shoulders, which should help to protect his rotator cuff.



14. 1

**2/27/2006:** I see two things in frame 14.1 that concern me. First, it seems like he might starting turning his shoulders before his PAS forearm is vertical, which could increase the risk that he will experience a problem with his Labrum. Second, in frame 14.1 his PAS forearm is slightly pronated such that he is showing the ball to the Short Stop (you can see the same thing in frame 15.2). I am concerned that this may increase the risk that he will experience problems with his elbow.



15. 1



2



16. 1



2

**2/27/2006:** Leaning back toward his GS, which will help to make his PAS forearm more vertical at the Release Point. Notice how his hips are rotating well ahead of his shoulders (notice how the buttons on the front of his uniform curve down and to the right). I don't like how he is pulling his head off the target. I am concerned that this may make him vulnerable to having control problems.



17. 1



18. 1

**2/27/2006:** I don't like how his palm is facing 1B in frame 18.1. This indicates that, while he may pronate his forearm, he may not do so until closer to the Release point, which will limit the degree to which he can use his Pronator Teres muscle to protect his UCL. Again, I don't like that the effort of getting his shoulders and arm around seems to be pulling his head off the target as this may cause control problems.



19. 1



20. 1



21. 1



22. 1

**2/27/2006:** Shoulders tilted sharply, which raises his Release Point. However, despite doing all this his shoulders aren't tilted more than 45 degrees.



23. 1



24. 1



2



25. 1



26. 1

**2/27/2006:** While his forearm is pronated in this picture, in general he doesn't appear to pronate that powerfully (at least on all of his pitches). One of the reason I say this is because in some of his pitches his pitching arm wraps around his body and slaps the outside of his GS upper leg. If he was powerfully pronating at the Release Point, his pitching arm would end up closer to his body. Also, notice that he has pulled his head off the target.



27. 1



28. 1



29. 1



30. 1



2



31. 1



32. 1



33. 1



34. 1



35. 1



36. 1

**2/27/2006:** Finishing is a weak fielding position with his glove back by his GS hip.



37. 1