

AN ANALYSIS OF RYAN ANDERSON'S PITCHING MOTION & MECHANICS

1/6/2006

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General Comments About Ryan Anderson

- LHP
- 6' 10"
- 215 lbs.
- Has been compared to Randy Johnson.
- Has had problems with lack of physical conditioning.
- Injuries...
 - Torn rotator cuff (July 2000).
 - Torn labrum (March 2001).
 - Torn labrum (March 2002).

Comments About Ryan Anderson's Pitching Motion And Mechanics

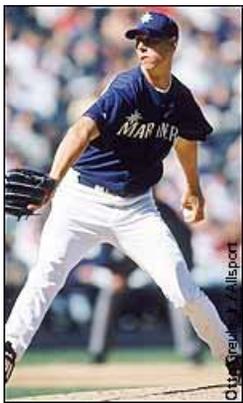
- Lots of reverse-rotation.
 - Hand moves behind acromial plane.
- Takes elbows well behind acromial plane (and possibly above his shoulders).



1. 1



2. 1



3. 1



2

Lots of reverse-rotation evident in frame 3.1 and 3.2. His hand is also behind the acromial plane.



4. 1

In frame 4.1, his elbows are well behind the acromial plane and are at (and may be going above) his shoulders. This may explain his problems with his rotator cuff.



5. 1

In frame 5.1 he appears to be pronating his wrist as his elbow moves through the area of maximum load on the UCL, which could explain his relative lack of elbow problems.



6. 1

In frame 6.1 he appears to be pronating vigorously, which could explain his relative lack of elbow problems.



7. 1