

Exercise Science

Does Arm Length Have Anything to do with Arm Injuries in Baseball?

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In the sport of baseball arm injuries are quite prevalent. These injuries are most frequently caused because of the repeated motions with large torques and extreme ranges of motion. At the professional level of baseball, these injuries are often recorded on the disabled list (DL). Torque is the product of force and distance, thus those with longer arms (usually taller players) may produce more torque. The purpose of this study was to analyze the MLB disabled list data to determine if height has any effect on arm overuse injuries. The database for the disabled list came from (<http://www.baseballheatmaps.com/disabled-list-data/>). Statistical analysis was completed with SPSS (version 17, an IBM company, Armonk, NY). A one-way ANOVA was conducted to see if any significant differences between the height of the players, the amount of days spent on the DL, and the location of the injury exist. There were no statistical differences in injury prevalence or time spent on the DL when comparing the tallest and shortest pitchers. While looking at the shoulder data in the year 2011 there was some statistical relevance as all other years showed statistically more injuries and time spent on the DL for the elbow and wrist/forearm. Future studies may expand the data set including earlier years than 2011.

References

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