

## Book review

### SAVING THE PITCHER

**Editor:** Will Carroll

**Bibliographic Data:** ISBN: 1-56663-578-0, Ivan R. Dee Publisher, 2004 (June), £13.58, 224 pages, hardcover

**Subjects:** General baseball, pitching in baseball, baseball injuries.

**DESCRIPTION:** This hardcover book introduces and updates the average fan as well as coaches, trainers, pitchers, biomechanical experts and such people to the theory and practice of analyzing the mechanics of pitching and preventing the possible injuries as a result. The book addresses different aspects of pitcher conditioning, mechanics, workload, abuse and avoiding injury. It also brings some controversial ideas into the world of baseball.

**PURPOSE:** The foremost purpose of the book is to discuss how to prevent injury in baseball game, especially focusing on young pitchers to keep them damage free. It argues that too many pitchers have gone under surgery in recent years, since necessary precautions have not been taken and basics of injury prevention overlooked.

**AUDIENCE:** The book is targeted the average fan as well as the pitcher, the coach, the baseball office personnel or any baseball conscious person. The author has accumulated vast knowledge and experience about baseball over the years, which makes him a well-known figure in this world.

**FEATURES:** The book emphasizes the importance of avoiding injury in baseball, particularly in young players. It is composed of 11 chapters, which presents the information within in an order that is progressive to that aim. Following the introduction, the first three parts provide a background for the main purpose of the book. In the next four chapters the functional anatomy and mechanics of pitching as well as assessing and correcting mechanics in baseball are discussed. The last four parts are dealing with more practical issues such as, conditioning the pitcher, the pitching workload, a scenario for a trainer's day and observations from and for the field. It also includes a useful and

comprehensive list of further reading topics before the index.

**ASSESSMENT:** This interestingly presented book is useful for young or even experienced pitchers as well as coaches, trainers, biomechanical experts and average fan in understanding how to analyze and prevent injuries in baseball. It is an essential reading for all of those interested in this game.

**Reviewed by:** *Fadil Ozyener, MD, PhD, Uludag University Medical School, Bursa, Turkey.*