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Reports from Auburn University Provide New Insights into Sports Medicine (Functional differences in softball pitchers with and without upper extremity pain).

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2019 NOV 15 (VerticalNews) -- By a News Reporter-Staff News Editor at Entertainment Newsweekly -- New research on Health and Medicine - Sports Medicine is the subject of a report. According to news reporting from Auburn, Alabama, by VerticalNews journalists, research stated, "Though pitchers often throw during multiple games in a day, there are currently no pitch count restrictions in softball. The accumulation of high pitch counts over time may contribute to the development of upper extremity pain."

The news correspondents obtained a quote from the research from Auburn University, "The purpose of our study was to examine functional characteristics of shoulder and hip range of motion (ROM), isometric strength (ISO), and ball speed in softball pitchers with and without upper extremity (UE) pain. Controlled laboratory design. Fifty-three NCAA Division I softball pitchers (20.0 +/- 1.4 years; 173.3 +/- 8.3 cm; 80.9 +/- 12.3 kg) participated and were divided into two groups: pain-free (n = 30) and pain in the UE (n = 23). Bilateral shoulder and hip external rotation (ER) and internal rotation (IR) ROM and ISO were measured prior to pitching to a catcher located 13.1 m (43 ft) away. Independent samples t-tests revealed significantly greater throwing side (TS) hip ER ROM (p = 0.012), TS hip IR ISO (p = 0.038), glove side (GS) hip ER ISO (p = 0.025), TS shoulder ER ISO (p = 0.002), GS shoulder IR (p = 0.006) and ER (p = 0.004) in the pain free group versus the UE pain group. Differences in shoulder and hip ROM and ISO exist between those who have upper extremity pain and those who do not."

According to the news reporters, the research concluded: "Therefore, findings suggest that both the upper and lower extremities should be considered when treating softball pitchers with UE pain."

For more information on this research see: Functional differences in softball pitchers with and without upper extremity pain. Journal of Science and Medicine in Sport, 2019;22(10):1079-1083. Journal of Science and Medicine in Sport can be contacted at: Elsevier Sci Ltd, The Boulevard, Langford Lane, Kidlington, Oxford OX5 1GB, Oxon, England. (Elsevier - www.elsevier.com; Journal of Science and Medicine in Sport - www.journals.elsevier.com/journal-of-science-and-medicine-in-sport/)

Our news journalists report that additional information may be obtained by contacting G.D. Oliver, Auburn University, Sports Med & Movement Lab, School of Kinesiology, Auburn, AL 36849, United States. Additional authors for this research include G.G. Gilmer, K.B. Friesen, H.A. Plummer, A.W. Anz and J.R. Andrews.

Keywords for this news article include: Auburn, Alabama, United States, North and Central America, Sports Medicine, Health and Medicine, Entertainment, Softball, Sporting Activities, Auburn University.

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