

## Biomechanics of Sports

# **Video Review: Joint by Joint Approach and how forearm supination Impacts Elbow Health**

May 21, 2020



Lesson: May 21, 2020

**Objective/Learning Target:**

**Students will use the joint by joint approach and be able to discuss how forearm supination can create injuries in the elbow for overhead athletes (Baseball, volleyball, softball, tennis).**



## **Instructions**

**Watch the video and then answer the follow-up questions.**



## Questions

1. When throwing an object overhead, the finish position creates pronation. How can high volume of pronation reduce the ability to supinate the forearm?
2. What happens when we limit the ability to supinate and the impact it has on elbow health in overhead athletes?
3. What are some ways to combat this issue with high volume, repetitive throwers?



Email your discussion questions to the following instructors:

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