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Video Analysis

Once permitted to begin the interval throwing program, it is expected that the athlete will send video analysis to their therapist. This will allow the therapist to better assess throwing mechanics and make adjustments as needed to prevent injury as well as improve outcomes. Please send videos to the therapist weekly. Preferably, with a slo-mo setting if the camera/phone has that feature. 2-3 videos each session to assess for variance between throws. The viewpoint of the video should be identical to the **Picture 1** below.

Once phase II of the interval throwing program has begun, please send an additional video with a viewpoint identical to the **Picture 2** below as well as the picture example above. Therefore, you should be sending 4-6 videos during phase II weekly



Picture 1



Picture 2