



★ ANATOMY OF A SAFER SWING ★



The one thing all great athletes have in common?



Perfect form that keeps them safe and always in the game.



MICKEY LEVINSON

knows exactly how to help young athletes increase the power of their swing, while avoiding injury. Mickey is the expert physical therapist at HSS Pediatrics, Lerner Children's Pavilion.

1 DON'T LET GO

Does your front shoulder hurt when you swing and miss, or reach for an outside pitch?

DON'T LET GO

of your bat



with your **back hand**

when you **(swing.)**



MICKEY SAYS

"Right-handed hitters take their right hand off the bat while following through, putting stress on their left shoulder—and vice versa."

2 USE YOUR HIPS & TORSO

The surprisingly quick fix to a turbo-charged swing?

ROTATE

your hips & trunk

as you



(swing.)

You'll generate **mega-power**, and reduce stress on your shoulders, elbows, and upper body.



MICKEY SAYS

"Watch how professional golfers rotate their hips and trunk to generate power while swinging."



3 BE FLEXIBLE & HAVE BALANCE

Ultimately, what's the foundation of a perfect swing?



FLEXIBILITY

In both your arms, not just your hitting arm.



BALANCE

Starting the swing relaxed, without tension in the body.



MICKEY SAYS

"At HSS Pediatrics, we work with young athletes to develop flexibility and balance in their arms, hips, and legs. That's crucial to any hitting sport, be it baseball, tennis, or golf."

HSS



Lerner Children's Pavilion

HOSPITAL FOR SPECIAL SURGERY

In consultation with Mickey Levinson, PT, CSCS, Clinical Supervisor at the Sports Rehabilitation and Performance Center, Pediatrics Division, Hospital for Special Surgery.

For more info visit: www.hss.edu