

# BUILD A BETTER FASTBALL

+4 mph—guaranteed.

*tested and approved by USC's medical school.*

sound too good to be true?



it's really not.

It all started a couple of years ago in an effort to find a cure for a common shoulder injury in young baseball players known as GIRD (Glenohumeral Internal Rotation Deficit). Former major league pitcher and renowned pitching instructor Dr. Tom House (trained Nolan Ryan, Randy Johnson, etc.) designed a progressive throwing program to repair imbalances in the shoulder capsule. Fast forward to now and hundreds of case studies have been conducted at The Rod Dedeaux Research and Baseball Institute. Not only has the throwing program resulted in considerable improvement in shoulder strength, 100% of the pitchers in these studies have enjoyed a pretty exceptional by-product: **measurable improvement in velocity**. Some have even enjoyed +17mph in just 10 weeks. This program has also been tested and approved by USC's medical school.

The Arizona Pitching Academy, led by Danny Orr (*former pitcher in the Oakland A's organization and associate scout for the Chicago White Sox*), is now offering this program to pitchers in Arizona in association with the Rod Dedeaux Research and Baseball Institute. This **safe and personalized** 10 week program is available to pitchers of all ages and is guaranteed to increase your velocity by a minimum of 4 mph.

## > WHAT OTHERS HAVE TO SAY

Every day, people come to me and ask about pitching injuries. In my quest to prevent these injuries, I have come to know Danny Orr as one of the smartest, most insightful, and most forward-thinking pitching coaches around. I wish I'd known him back when I had a fastball.

—Will Carroll  
*Sports Illustrated*

I have had the opportunity to know many pitchers and pitching coaches. Rarely have I had the privilege of knowing a pitching coach with the depth of knowledge, both physical and scientific, that Danny Orr does. Danny is a walking encyclopedia of pitching mechanics.

—Ron Barnes  
*Co-owner Arizona Diamondbacks*

ARIZONA  
PITCHING

A C A D E M Y

PLEASE CALL OR EMAIL FOR MORE INFORMATION:

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