

Baseball Pitching Mechanics and Injury Prevention Strategies

February 14nd, 10AM-11:30AM

All Star Performance

3390 Tree Court Industrial Blvd.
St. Louis, MO 63122



- **Former St. Louis Cardinals pitcher Scott Terry** demonstrates and discusses proper pitching mechanics
- Physical Therapist/Athletic Trainer **Ted Yemm, MPT, A.T.C. from Rehab1Network** presents conditioning ideas for throwers and strategies to reduce overuse injuries
- Coaches, parents, and athletes welcome

To Register or for more information, go to
www.rehab1network.com