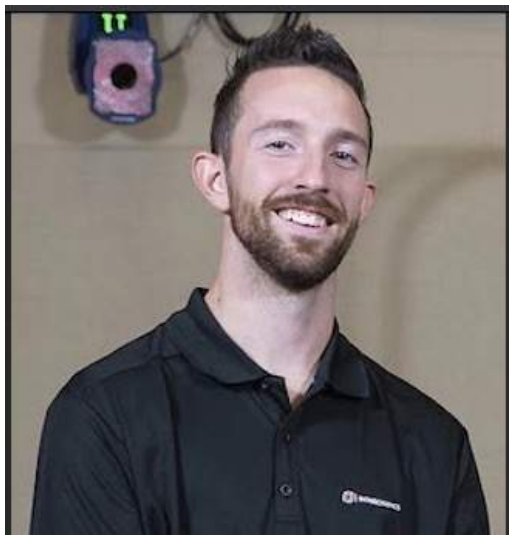


SEMINAR SERIES

Supported by The Department of Biomechanics and
The Center for Research in Human Movement Variability (MOVCENTR)



Sports Biomechanics: Improving Performance and Lowering Injury Risk in Baseball Athletes

Featuring Dr. Tyler Hamer
University of Nebraska at Omaha



Friday, Dec. 2 | 12:00 - 1:15 pm | H&K 112

PRESENTATION ABSTRACT

Detailed biomechanical assessments are gaining popularity to assess injury risk and performance in the realm of athletics, specifically baseball. But how do we know if they work? Assessments specific to the baseball pitching motion suggest a balance between increased performance brought on by throwing velocity and increased injury risk, as injuries are more likely to occur when high forces and torques are repeatedly applied to vulnerable tissue. Due to the gradual onset of overuse injuries, most commonly seen in pitchers, at-risk athletes can be easily flagged when examining pitching kinematics and kinetics.

ABOUT DR. HAMER

Dr. Hamer is a Research Associate in the Department of Biomechanics and a Co-Founder of the UNO Pitching Lab. His research mainly focuses on the development and maintenance of a clinically- and biomechanically-focused baseball pitching and hitting evaluation aimed at monitoring individual performance and injury risk over time.

more info at cobre.unomaha.edu

*This seminar was supported by the National Institutes of General Medical Sciences of the National Institutes of Health under Award Number P20GM109090 Center for Research in Human Movement Variability. | The University of Nebraska at Omaha shall not discriminate based upon age, race, ethnicity, color, national origin, gender identity, sex, pregnancy, disability, sexual orientation, genetic information, veteran's status, marital status, religion, or political affiliation.

UNIVERSITY OF
Nebraska
Omaha

