

# Osteopathic manipulative treatment for enhanced pitch performance in collegiate baseball players

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		<input type="checkbox"/> Protocol
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		<input type="checkbox"/> Results
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## Plain English summary of protocol

### Background and study aims

A previous study found that a hands-on treatment called osteopathic manipulative treatment (OMT) helped improve shoulder flexibility in college baseball players, but it didn't increase how fast they could pitch. This new study is trying to improve both flexibility and pitching performance by refining the treatment approach. Researchers will look at both how players feel and how they perform after treatment.

### Who can participate?

To join the study, you must be a pitcher on the William Carey University baseball team. You also need to have a current sports physical that clears you to play and get permission from your coach to take part.

### What does the study involve?

Participants will be randomly placed into one of two groups:

- One group will receive the hands-on treatment (OMT).
- The other group will rest for 10 minutes instead of receiving treatment.

### Everyone in the study will:

- Fill out a short questionnaire about how their shoulder feels.
- Have their shoulder and hip flexibility measured.
- Throw 10 fastballs.
- Then, either receive treatment or rest.
- Have their flexibility measured again.
- Throw 10 more fastballs.

After the first part of the study, players in the rest group will have the chance to receive the treatment too.

What are the possible benefits and risks of participating?

There are no known risks from participating. The treatment may help improve flexibility and pitching performance, but this isn't guaranteed. Players in the rest group might feel left out, but they'll get a chance to try the treatment later.

Where is the study run from?

All study activities will take place at the William Carey University baseball complex (USA)

When is the study starting and how long is it expected to run for?

The study is expected to run throughout the 2024–2025 baseball season.

Who is funding the study?

William Carey University Athletics Department (USA)

Who is the main contact?

Dr Rosalynn Schneider, [rschneider@wmcarey.edu](mailto:rschneider@wmcarey.edu)

Dr Carissa Rosten, [crosten@wmcarey.edu](mailto:crosten@wmcarey.edu)

## Contact information

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### Contact name

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# Additional identifiers

## Clinical Trials Information System (CTIS)

Nil known

## Protocol serial number

Nil known

# Study information

## Scientific Title

Osteopathic manipulative treatment for enhanced pitch performance in collegiate baseball players: a feasibility study on shoulder and hip interventions

## Study objectives

An OMT protocol which targets the hips, diaphragm, and throwing shoulder will improve 1) speed 2) spin 3) vertical break 4) zone time of fastball in the experimental group compared with the control group. OMT protocol will also increase the active ranges of motion of the throwing shoulder and the bilateral hips of those in the experimental group compared to the control group.

Kerlan-Jobe Orthopaedic Clinic Shoulder and Elbow Score (KJOC-SES) will also improve in the experimental group compared to control.

## Ethics approval required

Ethics approval required

## Ethics approval(s)

approved 01/11/2024, William Carey University Institutional Review Board (710 William Carey Blvd, Hattiesburg, 39401, United States of America; +1 9514156435; irb@wmcarey.edu), ref: 2024-062

## Study design

Single-center interventional randomized cross over prospective cohort

## Primary study design

Interventional

## Study type(s)

Treatment

## Health condition(s) or problem(s) studied

Pitch performance in US collegiate baseball pitchers

## Interventions

Individual pitchers are eligible for enrollment and are randomized via random number generator into either control or interventional groups.

Both groups consent, complete the Kerlan-Jobe Orthopaedic Clinic Shoulder and Elbow Score (KJOC-SES), and have measurements taken of shoulder and hip ranges of motion. Both groups complete 10 'fastball' pitches.

The experimental group receives Osteopathic Manipulative Treatment (OMT), but the Control group does not, and instead rests for 10 minutes.

After OMT or rest, all subjects repeat range of motion measurement and complete 10 additional baseball pitches.

At 3 week follow up and at 5 week follow up, all subjects repeat the KJOC-SES, range of motion measurement, and complete 10 additional pitches.

At five week follow up, the control group is offered the opportunity to receive intervention (OMT) and undergo an additional 5 weeks of data collection.

### **Intervention Type**

Procedure/Surgery

### **Primary outcome(s)**

1. Range of motion of the shoulder and hips, obtained via goniometry at baseline, immediately post-treatment, 3 weeks, and 5 weeks
2. Pitch metrics, obtained via Trackman Radar at baseline, immediately post-treatment, 3 weeks, and 5 week follow up
3. KJOC-SES, obtained at baseline, immediately post-treatment, 3 weeks, and 5 week follow up

### **Key secondary outcome(s)**

Injury rates reported by the subjects (players) and coaches throughout the course of the study

### **Completion date**

15/04/2025

## **Eligibility**

### **Key inclusion criteria**

Participants must be pitchers, currently participating in on the William Carey University baseball team, have a sports physical clearing them for athletic participation for the academic year, and have the permission of their coach to be included in the study.

### **Participant type(s)**

Learner/student

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

18 years

### **Upper age limit**

35 years

**Sex**

Male

**Total final enrolment**

16

**Key exclusion criteria**

1. Injuries which preclude participation in baseball.
2. Insufficient English fluency necessary to complete KJOC-SES

**Date of first enrolment**

12/12/2014

**Date of final enrolment**

14/01/2025

**Locations****Countries of recruitment**

United States of America

**Study participating centre****William Carey University**

710 William Carey Blvd

Hattiesburg

United States of America

39401

**Sponsor information****Organisation**

William Carey University

**ROR**

<https://ror.org/03r7c7356>

**Funder(s)****Funder type**

University/education

**Funder Name**

## Results and Publications

### Individual participant data (IPD) sharing plan

The datasets generated during and/or analyzed during the current study will be deidentified and available upon request from Carissa Rosten, DO [crosten@wmcarey.edu](mailto:crosten@wmcarey.edu) or Danielle Fastring, PhD [dfastring@wmcarey.edu](mailto:dfastring@wmcarey.edu)

Consent is obtained via Informed consent (accessible to participants either on paper or by phone).

Raw data includes KJOC-SES scores, Trackman pitch data (deidentified) and ROM data (also deidentified).

Data is anonymized to adhere to FERPA standards and replaced with Study ID numbers between 1000 and 2000. It will be kept physically on hand at William Carey for a minimum of 10 years, double-locked.

It can be shared upon reasonable request in its deidentified form for audit for study method integrity, or for secondary analysis (with permission).

### IPD sharing plan summary

Available on request