



What OnBaseU Does for Pitchers and Hitters

OnBaseU (On Base University) is a movement assessment system that helps identify how an athlete's physical abilities—or limitations—impact their mechanics, performance, and injury risk in both pitching and hitting.

For Pitchers

OnBaseU evaluates a pitcher's ability to move efficiently and safely through their delivery. It looks at things like:

- Hip and shoulder mobility
- Thoracic (upper back) rotation
- Core stability
- Balance and posture

These physical traits are then **linked directly to pitching mechanics**. For example:

- Limited hip mobility can lead to early opening or poor drive off the mound.
- Weak core stability can cause loss of velocity and control.

 **Result:** A customized plan to improve movement quality, increase velocity potential, and reduce injury risk.

For Hitters

For hitters, OnBaseU analyzes how well the body can support a powerful, efficient swing. It focuses on:

- Rotational sequencing (how the body transfers energy from the ground up)
- Flexibility and mobility in the hips, spine, and shoulders

- Balance and coordination
- Strength and stability through the kinetic chain

If a hitter has limited thoracic rotation, for example, it might lead to poor bat speed or difficulty covering certain parts of the zone.

 **Result:** A movement blueprint that helps hitters generate more power, improve bat path consistency, and stay healthy.

In Summary

OnBaseU helps coaches and athletes:

- Identify physical limitations that affect mechanics
- Understand why certain movement flaws happen
- Build individualized training and corrective programs
- Maximize performance and reduce injury risk

It's not just about what an athlete is doing—**it's about why** they're doing it based on how their body moves.