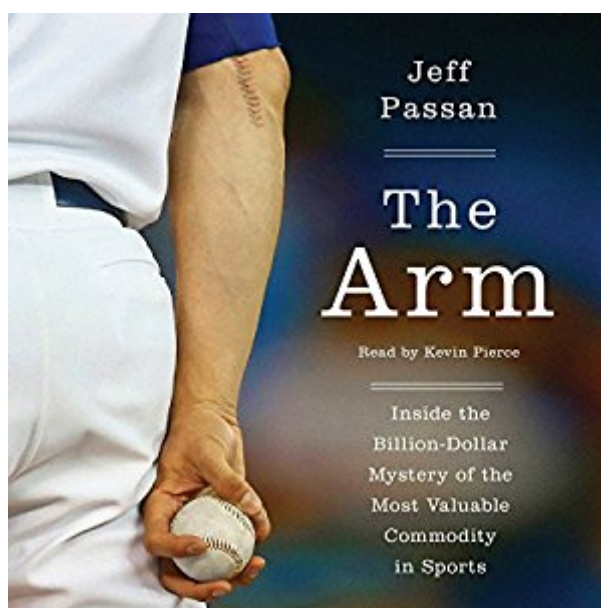


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The Arm: Inside The Billion-Dollar Mystery Of The Most Valuable Thing In Sports



Synopsis

Yahoo's lead baseball columnist offers an in-depth look at the most valuable commodity in sports - the pitching arm - and how its vulnerability to injury is hurting players and the game, from Little League to the majors. Every year, Major League Baseball spends more than \$1.5 billion on pitchers - five times more than the salary of every NFL quarterback combined. Pitchers are the game's lifeblood. Their import is exceeded only by their fragility. One tiny band of tissue in the elbow, the ulnar collateral ligament, is snapping at unprecedented rates, leaving current big league players vulnerable and the coming generation of baseball-playing children dreading the three scariest words in the sport: Tommy John surgery. Jeff Passan traveled the world for three years to explore in depth the past, present, and future of the arm and how its evolution left baseball struggling to wrangle its Tommy John surgery epidemic. He examined what compelled the Chicago Cubs to spend \$155 million on one arm. He snagged a rare interview with Sandy Koufax, whose career was cut short by injury at 30, and visited Japan to understand how another baseball-mad country treats its prized arms. And he followed two major league pitchers, Daniel Hudson and Todd Coffey, throughout their returns from Tommy John surgery. He exposes how the baseball establishment long ignored the rise in arm injuries and reveals how misplaced incentives across the sport stifle potential changes. Injuries to the UCL start as early as Little League. Without a drastic cultural shift, baseball will continue to lose hundreds of millions of dollars annually to damaged pitchers, and another generation of children will suffer the same problems that vex current players. Informative and hard hitting, *The Arm* is essential listening for all who love the game, want to keep their children healthy, or relish a look into how a large, complex institution can fail so spectacularly.

Book Information

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Customer Reviews

This is for anyone who liked Michael Lewis' Moneyball. Similarly concise yet engaging writing style. Really well-researched, thought provoking, insightful and the author does a tremendous job of bringing the subject to life through the real-life stories of some very colorful characters and a couple legends. You'll feel like an insider. You'll fly through it.

Good book. Talks about the frequent overuse in Japan along with the "showcase" culture here in the US. Goes on to discuss the different research and training methods being used here in the states. Would have liked to see overuse at the youth level addressed a bit more. Besides pitching kids participating in weekend tournaments where they are playing 3-6 games. Even if only throwing ASMI's recommended pitch counts frequently going and playing other "high use" positions.

For any sports fan and particularly baseball fans this is just a great read regarding an issue that ranks beside football concussions. Incredibly well documented that helps the reader to envision some of the mental anguish players from 12-35 go through with arm issues and subsequent "Tommy John" surgery.

The author tracks two pitchers with horrible arm injuries as they attempt to get back to the major leagues. He takes us into the sordid world of youth travel ball, Japanese youth baseball, the operating room during a Tommy John surgery, and many other places. He mentioned one of my favorite baseball books, *The Diamond Appraised* (Wright/House), the seminal work in discussing pitcher injuries. I am admittedly a total baseball geek, but I was riveted by this book

Outstanding read if you like the game of baseball. An in-depth look at the role of arm health in the game. From a super-detailed description of what Tommy John surgery entails to the history of the procedure to the rehab process to what causes arm injuries to what the future looks like, it's a fantastic multi-perspective view. My only issue was the way Perfect Game baseball was portrayed - parents and over-zealous coaches are the issue, not tournament organizers in my opinion. My son plays in a few PG events a year and if we allowed him to be over-used or exploited that's on us, not the company that sponsors events. I highly recommend the book though.

A very in depth look at the rash of arm injuries across MLB all the way down to the lower levels of baseball. As a parent of a baseball player, it was a great read for me as I look for ways to keep his arm healthy. At the end of the day, it doesn't seem like there is an easy answer. Throwing a lot, throwing a little, throwing heat, throwing curve balls. But a very interesting read for anyone in the baseball world.

Passan goes in depth on all aspects imaginable regarding the current arm injury epidemic that is affecting baseball. By examining the different approaches that are used to protect (or not worry about protecting) arms around the world. Passan clearly spent years researching and planning all of the data included in this book. Passan also offers several possible solutions for the problem and offers a bit of hope for young pitchers moving forward. One of my favorite sports books of the year.

It is a very interesting book about the reasons for and what MLB tries to do (and does) with the TJ issue that pitchers these days have and the random search to find an answer. Not the fastest read but very interesting.

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