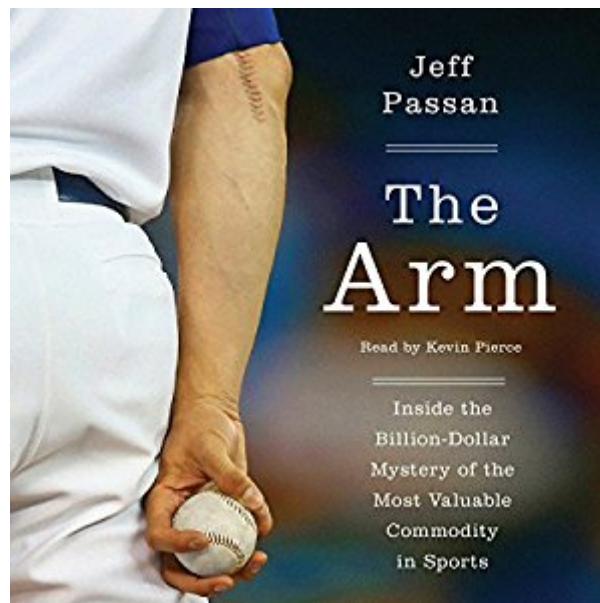




**Ebook Directory**  
the best source of ebook

**The book was found**

# **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

Audible Audio Edition

Listening Length: 12 hours 5 and 2 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: HarperAudio

Audible.com Release Date: April 5, 2016

Language: English

ASIN: B01AX4CHQM

Best Sellers Rank: #47 in Books > Health, Fitness & Dieting > Sports Health & Safety #518 in Books > Audible Audiobooks > Nonfiction > Sports & Recreation #544 in Books >

## 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.

[Download to continue reading...](#)

The Arm: Inside the Billion-Dollar Mystery of the Most Valuable Thing in Sports  
The Arm: Inside the Billion-Dollar Mystery of the Most Valuable Commodity in Sports  
ISO 13753:1998, Mechanical vibration and shock - Hand-arm vibration - Method for measuring the vibration transmissibility of resilient materials when loaded by the hand-arm system  
The Billion-were Needs A Mate (The Alpha Billion-weres Book 1)  
The One-Cent Magenta: Inside the Quest to Own the Most Valuable Stamp in the World  
Junkyard Planet: Travels in the Billion-Dollar Trash Trade  
Kingpin: How One Hacker Took Over the Billion-Dollar Cybercrime Underground  
Venture Capitalists at Work: How VCs Identify and Build Billion-Dollar Successes  
Kings over Aces: The Insider's Guide to Angel and VC Investing in The Next Billion Dollar Startups and IPOs  
Selling Professional Services to the Fortune 500: How to Win in the Billion-Dollar Market of Strategy Consulting, Technology Solutions, and ... (Marketing/Sales/Advertising & Promotion)  
Taken Captive: The Secret to Capturing your piece of America's multi-billion dollar insurance industry  
The Billion Dollar Spy: A True Story of Cold War Espionage and Betrayal  
Shark Tales: How I Turned \$1,000 into a Billion Dollar Business  
Straight to Hell: True Tales of Deviance, Debauchery, and Billion-Dollar Deals  
Behind the Cloud: The Untold Story of How Salesforce.com Went from Idea to Billion-Dollar Company and Revolutionized an Industry  
Card Sharks: How Upper Deck Turned a Child's Hobby into a High-Stakes, Billion-Dollar Business  
The Billion Dollar Molecule: One Company's Quest for the Perfect Drug  
Billion Dollar

Cowboy - A Billionaire Romance Billion-Dollar Fish: The Untold Story of Alaska Pollock Straight  
Flush: The True Story of Six College Friends Who Dealt Their Way to a Billion-Dollar Online Poker  
Empire - and How it All Came Crashing Down...

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)