

**Mike Cantrell**

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**From:** cressestrainingystems@gmail.com on behalf of Eric Cressey [ec@ericcressey.com]  
**Sent:** Monday, March 22, 2010 10:26 PM  
**To:** pres@cantrellcenter.com  
**Subject:** Thank You

Mike,

I just wanted to drop you a quick note to say thank you very much for the excellent course in Portland this past weekend. I learned a ton thanks to your extensive knowledge, entertaining presentation style, and enthusiasm for the material covered.

You'll be happy to know that the only meathead strength coach in attendance has - just one day out from the event - already put some of this to use. My best high school pitcher (right-handed) is currently the #11 prospect in the class of 2011 nationwide, and he'd been having some niggles in his proximal hamstrings of late on follow-through as he comes over the front leg. I took him through the PRI screens you taught us, and it was a clear cut left AIC pattern....positive adduction drop test, and markedly more ROM on the left side of the straight leg raise (iliolumbar ligament presumably intact, based on the positive follow-up extension-drop test). It's actually really surprising, as he's a kid who has some tremendous whole body mobility and really gets down the mound.

He did a bit of soft tissue work with the manual therapist at our facility, and then I put him through three drills from the weekend to get his left IC adductor and left glute med firing up alongside a great right glute max session. Beforehand, we put him in the all-fours obturator stretch to open up the posterior hip.

He got up from the table and said his legs felt more alive than they have in weeks....and he went on to throw a great bullpen. At age 17, this is a kid who is 90-93mph and has a full scholarship to pitch at Vanderbilt (\$53K/year), although he may never make it to college because he's a sure-fire first-round pick. Needless to say, stopping a bum hammy in its tracks is super important at this point in the game, as there are literally millions riding on the next 15 months for this kid.

Thanks for helping me help him by adding more tools to my toolbox. I hope to see you soon at future events; keep up the great work.

Best,

Eric

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