



Helping to Keep Your Brain Sharp

Keeping your body sharp and fit is not only referring to your physical body but your brain as well. Here at Howell To Sports we aim to provide you with the products you need to keep both sharp. So please, watch the video and read the articles in this e-mail to help keep your brain fit too!

Also if you're looking for some training tools for your brain OR body, please check out our [store!](#)

[Seeing the benefit: MLB teams focus on enhancing players' visual training](#)

Not long after the Rays first asked him to play the video game in 2013, shortstop Cole Figueroa became focused on winning it. The idea was to identify as early as possible whether the seams were visible on a spinning baseball, and to hit a laptop key if they were. He was careful to play in controlled environments and to minimize distraction, and he was consistently at the top of the organizational leaderboard, but that wasn't enough....

[Brock String Exercise](#)

One of the most important pieces of equipment for vision exercises when working on convergence is the Brock String. It offers instant feedback to the participant if their eyes are working together to focus on an object at various distances.

Children with reading problems or who are slow readers often have problems with convergence. Children with Strabismus (one eye turned inward or out while the other eye is on the visual target) definitely could use practice with the Brock String. Individuals with Amblyopia (one eye seeing things blurry and the other eye sees things in focus) can also benefit from exercises with the Brock String....

[The Origin Of Throwing Programs + Mechanical Myth + Post-Rehab Throwing Advice](#)

It was the perfect storm.

The landscape of baseball was going through a dramatic change as elbow and shoulder surgeries were becoming a common practice in the late 1970's, and into the 80's. Renowned orthopedic surgeon, Dr. Frank Jobe, performed the first Ulnar Collateral Ligament (UCL) replacement surgery on Tommy John in 1974, and just two years later, the first rotator cuff surgery on Steve Busby. These surgeries not only opened the door for countless players to resurrect their careers, but they also opened the door to a brand new field in the baseball community -- rehabilitation....

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