Dr. Joe Olivacz: Sports Chiropractor and Pitching Doctor

Private Lessons & Pitching 101 for Coaches/Parents

Dr. Joe Olivacz offers several services: Private pitching lessons for kids between the ages of 7-14; Prevention/Treatment of Sports Injuries; as well as the Rec/Travel League presentation:

***Pitching 101: What Every Coach/Parent of a Youth Pitcher Should Know***

• 4-Year College Pitcher & Still Pitching Competitively For Over 34 Seasons

• Head Coach/Pitching Coach for Churchville Baseball

• Current Pitcher in the Harford County Over-30 League

• Certified Chiropractic Sports Practitioner (C.C.S.P.)

• Certified Strength and Conditioning Specialist (C.S.C.S.)

• Certified Graston Practitioner (Soft Tissue Treatment)

 

**The best way to treat an injury is to *prevent a*n injury. My lessons focus on proper mechanics, drills, conditioning and arm-care with emphasis on how to greatly reduce the risk of injury.**

**Facebook Page: Dr. Joe Olivacz : The Pitching Doctor**

Contact: [jolivacz@yahoo.com](mailto:jolivacz@yahoo.com) or 410-925-0055