10/14/2026 **Rapid Flexion Test Scoring**

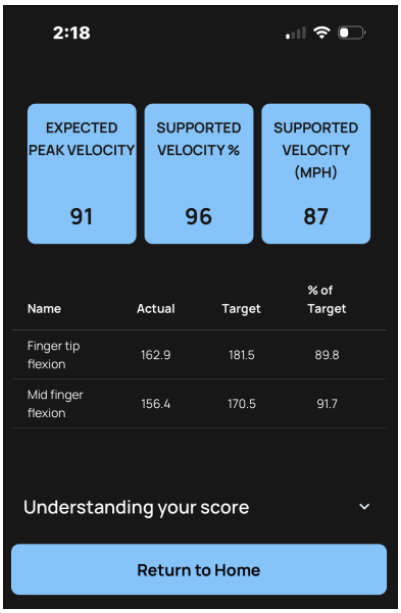
We recently revised how Rapid Flexion Test results are reported. The test itself has not changed. Users still perform the same fingertip and mid-finger flexion exercises, and we still measure actual force against strength targets associated with their throwing velocity based on our data set of 6500+ pitchers and 20,000+ tests.

So, what changed: The Rapid Flexion Test was developed to answer a straightforward question:

Does a pitcher's finger-flexion strength support the demands of their peak throwing velocity?

Previously, results were reported as *Expected Peak Velocity*, *Score*, and *Scored Velocity Ceiling*. We felt this terminology did not clearly communicate what the test measures or how to interpret the results.

We now report three measures:



1. **Expected Peak Velocity:** The pitcher's peak throwing velocity, entered when taking the test.

2. **Supported Velocity %:** This percentage indicates how closely the pitcher's actual fingertip and mid-finger flexion forces match the target forces associated with their Expected Peak Velocity.

   The calculation uses a weighted score that assigns 85% of the weight to the lower of the two force percentages and 15% to the higher. This places greater emphasis on the weaker measurement.

3. **Supported Velocity:** The velocity equivalent associated with the pitcher's current finger-flexion strength, calculated by multiplying Expected Peak Velocity by Supported Velocity %.

Formula: Expected Peak Velocity × Supported Velocity % = Supported Velocity

How should you interpret the results? Suppose a pitcher has:

- Expected Peak Velocity: 91 mph
- Supported Velocity %: 96
- Supported Velocity: 87 mph

This does **not** mean the pitcher cannot throw 91 mph. Rather, it means his current finger-flexion strength falls 4 mph or 4% short of the strength target associated with his Expected Peak Velocity.

Because the forearm flexors contribute to dynamic elbow stability, any difference between a pitcher's Expected Peak Velocity and Supported Velocity (reflected in a Supported Velocity % < 100%) may identify a strength deficit worth addressing.

Note: Supported Velocity is a strength-based measure, not a prediction of throwing velocity, medical clearance, or a recommendation to throw at a specific velocity. Other factors such as rate of force development, fatigue, workload, mechanics, and prior injury also influence demands placed on the elbow.

Our goal with this reporting change is simple: to make Rapid Flexion Test results more meaningful, easier to interpret, and more useful for guiding strength and training decisions. If you have any questions about the Rapid Flexion Test or the updated scoring, please don't hesitate to reach out.