

Common Arm Injuries in the Youth Throwing Athlete

Little Leaguer's Elbow (Medial Apophysitis)

8-15 year-olds (up to 17)

This injury occurs when repetitive throwing creates an extensively strong pull on the tendons and ligaments of the elbow. Repeated pulling can tear ligaments and tendon away from bone; or bone fragments may come loose resulting in disruption of bone growth.

***** Will complain of aching or sharp pain and/or swelling along the knobby portion of the inside of the elbow*****

Little Leaguer's Shoulder (Proximal Humeral Epiphysitis)

11-16 year-olds

This injury occurs when stress from repetitive (overuse) throwing creates a widening of the growth plate in the upper arm bone, thought to mimic a stress fracture. If untreated it can lead to permanent bone damage. Can be diagnosed with an x-ray. Will heal with rest and dedicated rehabilitation.

*****Will complain of pain at the top of the shoulder when throwing and will be tender to the touch. May report shoulder weakness and may not be able to throw as fast or as accurately*****

10 Injury Prevention Tips

- 1) Look for and respond to signs of fatigue
- 2) Make sure they take an **extended** "active" break from throwing
- 3) Follow pitch count limits and types (**Ages 9-14: 75/game, 600/season, only fastball and change-up**)
- 4) Avoid pitching for multiples teams in the same season
- 5) Teach good mechanics as early as possible
- 6) Make sure your child's arm, core and legs are conditioned
- 7) Proper warm-up and stretches (dynamic & static, whole body, soft toss)
- 8) Do not allow them to play through **pain**
- 9) Avoid using radar guns
- 10) Avoid letting pitchers play catcher as secondary position

Have your throwing form analyzed with computer and video software at Riverside Physical Therapy

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