

PITCHING INJURY PREVENTION

Symptoms

Gradual Pain

On the inside of the elbow, worsening over time.

Sudden Pain

In cases of severe injury, sometimes accompanied by a pop or tear sensation.

“Locked” Elbow

The joint may feel “stuck.”

Limited Mobility

Stiffness or decreased range of motion.



Treatment Options

Rest

Allow the elbow to recover from inflammation and injury.

Ice & Medication

Use ice and nonsteroidal anti-inflammatories to reduce swelling.

Physical Therapy

Reduce pain, restore mobility, improve strength.

Throwing Analysis

Improve throwing mechanics to reduce strain.

Regenerative Injection Therapy

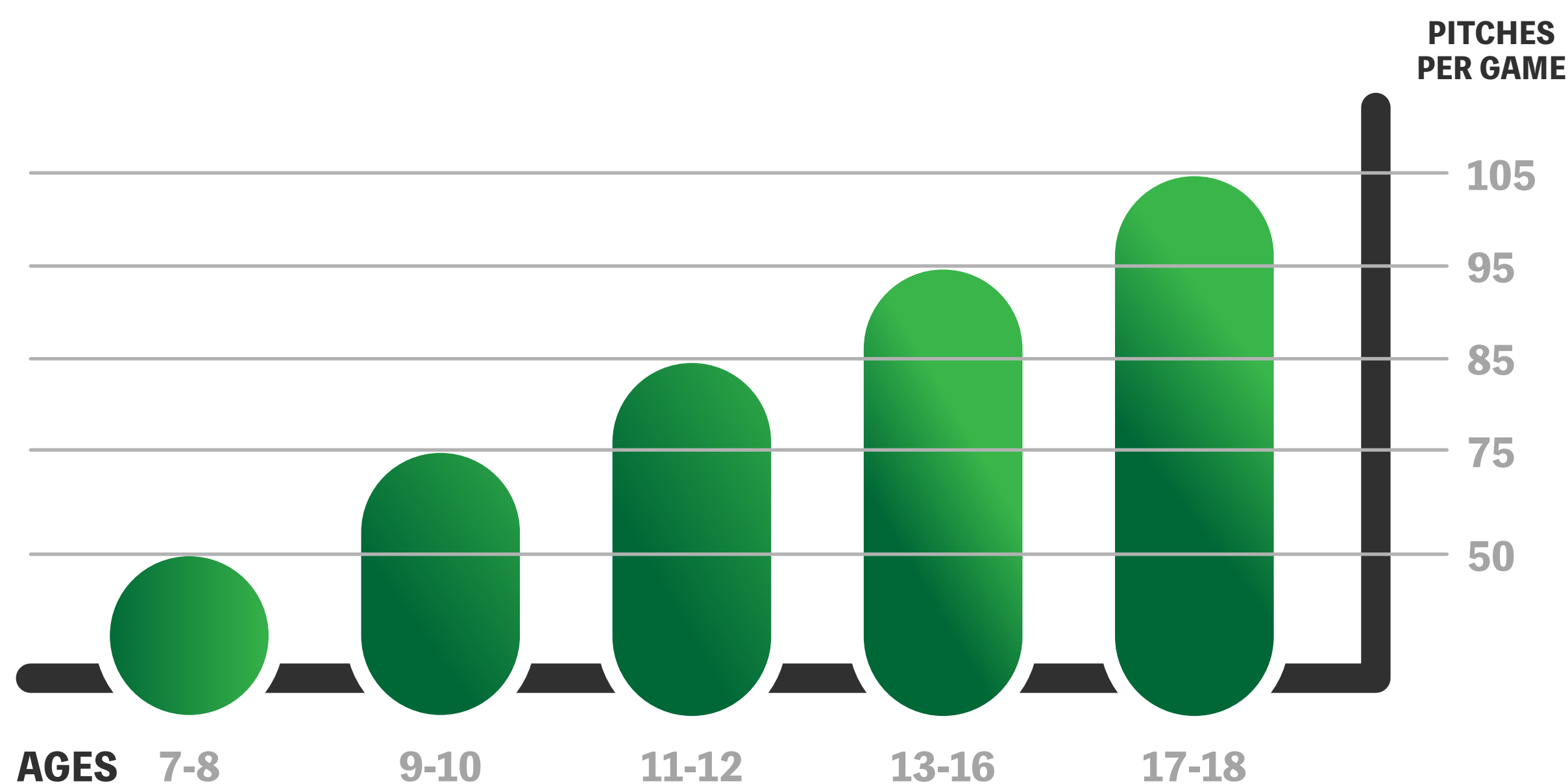
For more serious cases, stem cell injections or reconstructive surgery may be recommended.



Prevention Tips

- Warm up with stretching, running and easy, gradual throwing
- Spend time at positions other than pitcher
- Observe age-appropriate pitch count and rest guidelines
- Don't pitch year-round or on multiple teams at once
- Don't pitch while hurt - communicate pain to coaches or trainers
- Emphasize good mechanics
- Master the fastball and change-up before breaking pitches

Maximum Pitch Counts



Minimum Rest Periods

NUMBER OF PITCHES THROWN		
AGES 14 + UNDER	AGES 15 - 18	REQUIRED REST
66+	76+	4 CALENDAR DAYS
51 - 65	61 - 75	3 CALENDAR DAYS
36 - 50	46 - 60	2 CALENDAR DAYS
21 - 35	31 - 45	1 CALENDAR DAYS
1 - 20	1 - 30	NONE

AT BAT	BALLS	STRIKES	OUTS	H	E