

Orthogo Physical Therapy Newsletter

Coming Soon

Kids can avoid low back pain as adults

Clinics

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PREPARATION FOR AMERICA'S PASTIME - YOUTH BASEBALL

This month we are talking about community. In almost all communities, there are child and teen baseball leagues. Unfortunately, with participation in sports there are injuries.

Medical literature is a good source of guidance when developing recommendations and guidelines for child and teen pitchers. In one research report of 467 child and adolescent baseball pitchers, they examined the types of pitches these kids threw. Curveballs, sliders, and changeups were studied in this population and they came up with some interesting recommendations:

- + Breaking pitches such as the curveball and slider, place more stress on the pitcher's shoulder and therefore, caused more pain in the elbow and shoulder. The curveball was associated with a 52% increased risk of shoulder pain, and the slider was associated with an 86% increased risk of elbow pain.
- + A changeup is a safe pitch because it does not require rapid twisting of the hand and forearm which torques the elbow and shoulder.
- + Because shoulder and elbow injuries are the result of overuse (throwing too many pitches), the number of pitches is important. The authors recommend limiting the number of pitches to 75 in a game and 600 in a season.

Now, we are going to suggest a couple of ways that you can better prepare your child for the baseball season.

First, it is important to get the arm in shape for baseball season. A progressive throwing program varying distance, intensity, and toss count can help prepare your child for the season.

Here are some recommendations for a two-week program:

- + Throw every other day start with 60 tosses, 25 at 50% and 25 at 75%. Do this at approximately 50 feet of distance apart from each other.
- + After 3 sessions, increase the distance to 80-100 feet and repeat the same 60 tosses, 25 at 50% and 25 at 75%.
- + Finally for the last two to three sessions, increase the intensity, toss count, and distance. For example, at 60 feet 20 tosses at 50%, 40 at 75%, and 20 at 100% intensity. Move back and repeat the same number and intensity.

The other way to prepare your child for the season is with an endurance training program.

DOWNLOAD OF THE MONTH - MEDICINE BALL THROWING PROGRAM

Click here to get this program

<http://www.ptclinic.com/downloads/2-3.pdf>

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Make sure you consult your physician first before starting this or any other exercise program.

Be careful with the type and number of pitches your child throws and make sure they are conditioned to meet the performance demands placed on the body during the baseball season.



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