Risk of Injury

Risk for injury higher for females than males
“A few examples of what’s happening to our youth”

The adolescent throwing arm, cheerleading/gymnastics, and football are good examples to discuss!
The Adolescent Throwing Elbow

In youth baseball, our stats at ASMI indicate that there is a 5-7 fold increase in throwing arm injuries since 2000
For example:
Year ’round baseball is producing an epidemic of injuries to the elbow in young baseball players.

This 15 year old pictured with his parents is a typical example.
Epidemic of Youth Pitching Injuries

How much is for adolescents

Injuries induce review of rules on pitching limits

For safety's sake, parents should count pitches

Coaches like idea of pitch counts

By Mitch Rupert

Epidemic of Youth Pitching Injuries

Big Changes for Little League

‘Alarming’ how many kids need to have surgery

Study: Pitch counts main problem

By Mitch Rupert

Pitch counts is a problem

Rehabilitation regimen

Coaches like idea of pitch counts

Epidemic of Youth Pitching Injuries

How much is for adolescents

Injuries induce review of rules on pitching limits

For safety's sake, parents should count pitches

Coaches like idea of pitch counts
Kids should be playing on the field, not coming in for surgery.
- 15 yo pitcher / catcher “year round baseball”
- Hx of 2 yrs of chronic elbow pain
- Now unable to play

X-Ray of elbow with chronic spurs

MRI of elbow with chronic UCL injury
The Adolescent Throwing Shoulder

Some young throwers also have unbelievable extensive damage to the shoulder associated with year-round and seasonal overuse.
Prevention Studies in Baseball

Both at ASMI in Birmingham and at the Andrews Research and Education Institute in Pensacola have worked closely with USA Baseball and the Int. Little League Assoc. to help prevent injuries in youth baseball.
From these studies we have identified the following “risk factors” associated with overuse in youth baseball

- Year round baseball
- Seasonal & event overuse
- Playing in more than one league at one time
- Showcases
- The radar gun
- Early breaking pitches (the curveball)
- Poor mechanics