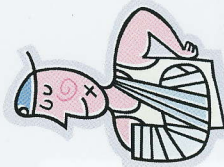


Common Baseball Injuries

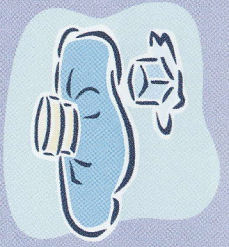
According to the American Academy of Orthopaedic Surgeons, approximately 500,000 injuries related to baseball are treated every year. The purpose of this guide is to inform you about some of the most common baseball injuries. In addition, this guide will provide you with useful information to help prevent an injury from occurring or deal with an injury should one occur.



Fortunately, injuries from baseball are usually minor. Typical injuries sustained while playing baseball include abrasions (scrapes), sprains, strains, fractures, and eye injuries (Source: AAOS, March 2000). In addition, baseball is one of the leading causes of sports-related eye and mouth injuries (Source: MomsTeam.com). Also, a growing child may be more susceptible than adults to injury due to weak points in the bone called growth plates.

A Few Pieces of Advice

Never push a child to "play through pain". In addition, swelling, pain, and limited motion can be signs of a more serious injury than what may have been first suspected. Don't ignore these signs. Also, ice is better than chemical cold packs for sports injuries-keep plenty on hand. Finally, rest is the best therapy for youth sports injuries.



Excessive Pitching

Pitching injuries are commonly seen in baseball. Shoulder and elbow complaints are frequently the result of poor pitching mechanics or excessive pitch counts.



Many sanctioning bodies now limit innings pitched based on the athlete's age. In addition, mandatory rest periods are required before a player is able to take the mound again.

Equally important is the athlete's position when he or she is not pitching. For example, pitchers that play short stop while not on the mound continue to stress their shoulder and elbow.

Proper pitching mechanics and trunk (core) strengthening are also important to prevent pitching injuries. Often, appropriate coaching and training is invaluable.

Lastly, types of pitches thrown can potentially lead to injuries of the young training athlete. For example, curveballs should not be thrown before skeletal maturity.

Please refer to the following chart as a guideline for parents to monitor their young pitchers.

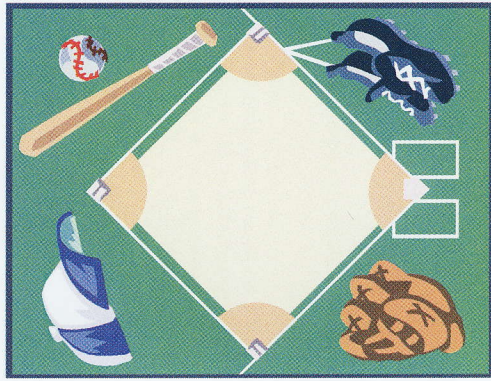
Age	Maximum Number of Pitches		Maximum Games/Week
	Maximum Pitches/ Game	Maximum Games/ Week	
8-10	50	2	2
11-12	65	2	2
13-14	75	2	2
15-16	90	2	2
17-18	105	2	2

Age	Minimum Rest After Pitching		
	1 Day Rest	2 Days Rest	3 Days Rest
8-10	20	35	45
11-12	25	35	55
13-14	30	35	55
15-16	30	40	60
17-18	30	40	60

Age to Learn Types of Pitches

Type	Age	Type	Age
Fastball	8	Slider	16
Change-Up	10	Forkball	16
Curveball	14	Splitter	16
Knuckleball	15	Screwball	17

Source: USA Baseball Medical & Safety Committee



References

The information used for this brochure was obtained from the following sources:

- American Academy of Orthopaedic Surgeons. *Tips to Prevent Baseball Injuries, March 2000*. Information retrieved from <http://orthoinfo.aaos.org>
- MomsTeam.com. Information retrieved from <http://www.momsteam.com>
- USA Baseball Medical & Safety Committee. Information retrieved from <http://www.usabaseball.com>

Tips to Help Prevent Baseball Injuries

- Warm up and stretch (cold muscles are more prone to injury).
- Make sure your equipment fits properly.
- Wear a batting helmet when appropriate.
- Follow guidelines regarding the number of innings pitched specified by your league-not by the number of teams you play on.
- Use the appropriate mitt for your position.
- Use all protective equipment that is available for your position.
- Wear molded, cleated baseball shoes that fit properly.
- Inspect the playing field for holes, glass, and other debris.
- Have a plan to deliver First Aid for minor injuries such as facial cuts, bruises, minor tendonitis, strains, or sprains.
- Have an emergency plan to deal with more serious injuries-make sure that there is always a phone available to call 911 in case of an emergency.



The tips listed here were taken from an article on the American Academy of Orthopaedic Surgeons website at <http://orthoinfo.aaos.org>