

## Throwing-related Overuse Injuries

The elbow and shoulder are the two regions where most throwing injuries occur with the growth plates as the most vulnerable regions of overuse injury.

Pitchers (and catchers) are at the highest risk of throwing injuries but injuries can be sustained at any position in the field. Overuse injuries are sustained due to a number of factors:

- Too many throws/Lack of rest and recovery time.
- Incorrect technique.
- Abrupt changes in intensity, duration, or frequency of throwing activity.
- Lack of preseason conditioning.
- Strength and flexibility imbalances.
- Anatomic malalignment and poor core stability.



Increased single-sport participation with year-round training, no rest periods, longer, more intense competitive seasons are all contributing to increased injury rates. In an effort to stem the alarming increase in elbow and shoulder injuries among young baseball pitchers, Little League Baseball adopted important new rules in 2007, now updated annually based on the latest research, to limit the number of pitches a pitcher can throw in a game and how much rest must be taken between pitching appearances. These recommendations apply to baseball AND softball. The simplest way to determine an individual athlete's League Age using the "Little League Age calculator": [http://www.littleleague.org/leagueofficers/Determine\\_League\\_Age/League\\_Age\\_Calculator.htm](http://www.littleleague.org/leagueofficers/Determine_League_Age/League_Age_Calculator.htm)

### Little League Baseball Regular Season and Tournament Pitching Rules

League Age (Years of Age)	Pitches per Game
7-8	50
9-10	75
11-12	85
13-16	95
16-18	105

### Little League Baseball Rest Requirements:

Ages 7-16	Ages 17-18	Required # of Rest Days
61+	76+	3 calendar days
41-60	51-75	2 calendar days
21-40	26-50	1 calendar day
1-20	1-25	None

Additional associated rules:

- Any player, who has played the position of catcher in 4 or more innings in a game, is not eligible to pitch on that calendar day.



- A player may pitch in up to two games per day unless the player has thrown >30 pitches in the 1<sup>st</sup> game.
- A pitcher who throws 41 or more pitches in a game cannot play the position of catcher for the remainder of the day.

And, while counting pitches is great, never forget the “common sense approach” to injury prevention: Don’t play through the pain!

Source: Little League Baseball, [www.littleleague.org](http://www.littleleague.org), 2010 Regular Season and Tournament Changes, revised 6/29/2010.