



BASEBALL: America's Pastime

Baseball Injuries You Need to Know About
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Baseball Injuries You Need to Know About

- o Over 280,000 baseball related injuries occurred in 2010 to young athletes age 18 or under(www.orthoinfo.aaos.org)
 - Rotator Cuff Tendonitis
 - Little League Elbow or Medial Epicondylitis
 - Inflammation at inner aspect of elbow...can progress to fracture if injury stresses persist in a growing young thrower
 - Little League Shoulder...inflammation of growth plate at shoulder
 - Shoulder Instability – loosening of ligaments that hold humerus and scapula together (upper arm bone to shoulder blade...ie, shoulder joint)
 - Labral Tears – triangular shaped cartilage rim around perimeter of shoulder joint
 - SLAP tear – unique type of labral tear often occurring in overhead athletes
 - Ulnar Collateral Ligament sprain (so called “Tommy John” injury)

Baseball injuries in our youth players is a serious matter. Over 280,000 baseball related injuries occur yearly in young athletes in the US. Many of these are related to **OVERUSE...and that my friends, suggests we can prevent many of these!**



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