



## BASEBALL INJURIES

Do We Just Take It on the Chin?

Part 1

May 8, 2013

Mike Napierala PT, SCS, CSCS, FAFS, NG360  
PEAK PERFORMANCE, Physical Therapy/Sports Training

### Three Key Ways to Help Your Young Baseball Player Stay Healthy – *Limit Throws*

- o First...of course, nobody can guarantee 100% prevention of injuries
  - But, with that said – there are some key things we can do as Coaches, Parents, and Athletes to keep our young baseball players happier and healthier!
  
- o LIMIT THROWING FOR PITCHERS...
  - USA Baseball and other organizations have published guidelines for young pitchers including maximum suggested throws, days rest, and even types of pitches.
  - Coaches and parents need to be proactive in regularly checking with players, especially pitchers, regarding whether they're experiencing soreness
  - As adults we need to STOP believing it's ok or "par for the course" or acceptable for our young pitchers/throwers to have sore arms or have a "dead arm" feeling.
  - Athletes need to be honest about symptoms. Remember, even the Pro's you aspire to be like RESPECT their body and their health...it's the ONLY WAY to be ready to go back on the field again tomorrow!

**DO YOU WANT TO BE A SUCCESSFUL PITCHER?**

**Respect your body...JUST LIKE THE PRO'S DO**

**LIMIT YOUR THROWS, TAKE PROPER REST, AND BE HONEST!**



161 East Commercial St  
East Rochester, NY 14445  
WWW.PEAKPTROCHESTER.COM  
PHONE: 585-218-0240 FAX: 585-218-0245

*The information provided is intended for general informational and educational purposes only. It is not intended to substitute for professional advice from a healthcare provider or to be considered provision or practice of physical therapy. You should always directly seek advice from a qualified healthcare professional if you are experiencing signs or symptoms of injury, illness, or disease. . While Peak Performance Physical Therapy/Peak Performance Sports Training makes every attempt to provide accurate and reliable information, the owners/employees/heirs do not represent, warrant, endorse, approve or certify any information displayed, uploaded, downloaded or distributed on its behalf nor does it guarantee the accuracy, efficacy, completeness or timeliness of these educational materials. You hereby represent and warrant that you are at least 18 years of age and have legal capacity to use this website and materials contained therein. Under no circumstances will Peak Performance Physical Therapy/Peak Performance Sports Training, its owners/employees/heirs be liable for any damage caused by reliance upon information provided on or through this website. Use of this information is voluntary and is done at your own risk The Game of Life-- Play It*