

Protecting Our Young Pitchers

Baseball teams are in full swing for summer competition. I see young baseball players in my office more and more with shoulder and elbow pain from baseball. The majority of these kids are pitchers and are throwing the wrong pitches or too many pitches too early. They often come to me with complaints of: shoulder or elbow pain, swelling, decreased throwing velocity or decreased throwing accuracy.

The bones, muscles, tendons, and ligaments of adolescent's are not fully developed and have weak areas that are susceptible to overuse and injury. We are seeing an increase in the amount of young pitchers tearing their ulnar collateral ligament in the elbow and requiring surgery at a young age. This surgery is called the "Tommy John procedure." The orthopedic community and the sports medicine physicians at Beacon Orthopedics have updated several new guidelines for you pitchers. These guidelines are now implemented in many youth baseball leagues to help

protect these young throwers. These guidelines can be found on our website at www.Doctorargo.com under articles.

If the above guidelines are followed by the leagues and the coaches of our youth, many of the overuse injuries that we currently see may be avoided.

The best treatment for a young pitchers sore elbow or shoulder is rest. If the pain does not go away or there is recurrent pain with throwing, the pitcher needs to be evaluated by a sports medicine orthopedic surgeon. X-rays will be needed to evaluate possible growth plate injuries and a thorough physical exam to evaluate ligament or tendon injuries will be required. Young pitchers should be instructed never to pitch through the pain and should be encouraged to communicate with their coach about soreness or fatigue of their throwing arm. We at Beacon believe in education of the patient, the parents and the coaches to help prevent injuries.

Please contact us if you have any questions.

Dr. Argo is fellowship trained and board certified in orthopaedic surgery and sports medicine. He is the team physician for East Central High School, Oak Hills High School, The College of Mt. St. Joseph and the medical director and team physician for the Cincinnati Cyclones.

Dr. Argo sees patients at the Beacon West and Batesville locations also providing a Saturday sports injury clinic for your convenience. www.doctorargo.com



**Call today for an appointment
513-354-3700**

6480 Harrison Ave 1360 E. SR 46
Cincinnati, OH 45247 Batesville, IN 47006

BEACON
Orthopaedics & Sports Medicine