

Youth Baseball Injuries and Prevention

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Phoenix Physical Therapy

1. Youth Baseball (5-14) Statistics
 - a. 40% of all sports injuries (3.5 million) < 14 y.o.
 - i. Overuse= ½ of these, CDC- ½ of sports injuries are preventable
 - b. 25% of youth baseball players (5-14) will be injured in a given season
 - c. 20% of 8-12 y.o. and 45% of 13-14 y.o. will have arm pain during a youth baseball season
 - d. Since 2000, 5x increase in serious shoulder and elbow injuries
 - e. By age 13, 70% of kids drop out of youth sports
2. Focus areas – offseason (age dependent)
 - a. Rotator cuff and shoulder blade strengthening/conditioning
 - b. Strengthening core and legs
 - c. Posterior capsule flexibility of the shoulder
3. Focus areas- in season (age dependent)
 - a. General mobility/flexibility of the shoulder, especially the posterior capsule; general strengthening of RTC and scapula (age dependent)
 - b. Listen to your arm/shoulder and body (signs of fatigue)
 - c. Pitch count and mechanics
4. What can Phoenix Physical Therapy and Personal training do for you?
 - a. “Discovery visits” = preventative screenings and consultations both pre-season and in-season to “discover” what can be done to avoid injury
 - b. Sports Performance/Enhancement training with a baseball emphasis
 - c. Education, Education, Education- we will do talks to parents, coaches, and/or players either at one of our clinical locations...or on-site if that works better!
5. Contact us at our East Alton/Bethalto or Glen Carbon/Edwardsville office for more information.