

“Why does my arm hurt?”

As a coach you are often the initial point of contact for a baseball player experiencing arm soreness, start with these topics and questions to try and address the issue:

What have you done lately?

-Pitching and catching in the same day - increases arm injury risk 2-3x

-Pitching/playing on multiple teams per season - increases arm injury risk 5x

-Pitching when fatigued - **increases arm injury risk 36x**

Are you warming up adequately? - Dynamic warm-up, progressive throwing

What have you done over the past year?

-Throwing for more than 8 months out of the year - increases arm injury risk 5x

-Earlier sport specialization leads to increased injury risk

-Acute vs chronic workload (short term vs long term)

-History of injury? - individuals with history of arm injury are at much higher risk to become injured again

“Why does my arm hurt?”

How are your mechanics?

- Poor control (less than 50% strikes) - increases likelihood of being on DL by 50%
- Sacrificing mechanics for velocity increases injury risk

Are you strong? Is your body in good shape?

- Weak rotator cuff increases risk for injury
- Tight posterior capsule increases risk of arm injury 4-6x

Advice - The Basics:

- Start with the “low hanging fruit” - rapid increase in workload, poor mechanics, inadequate warm-up
- Advise relative rest, ice of the shoulder or elbow, gradual return to throwing volume
- If athlete has sustained a true injury or has persistent soreness advise a sport screen or seek medical attention