Shoulder and Elbow Injury Prevention in Baseball Pitchers

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**INTRODUCTION**

Shoulder and elbow injuries are extremely common in baseball pitchers due to the extreme stress played on the upper extremity. Many pitchers do not pay attention to the risk of injury associated with playing. The longer each pitcher goes without completing a prevention program the greater the risk of injury in the future. Posterior shoulder weakness and rotator cuff are two of the leading causes of injury in adolescent pitchers. Through completing a prevention program with the purpose of strengthening the shoulder and elbow will lead to decrease in injury risk. This presentation will discuss how weakness in the shoulder and elbow increase injury risk, and how prevention and strengthening programs can lower the risk of injury.

**BENEFITS OF COMPLETING PROGRAM**

- Decreased Injury Risk
- Increase Strength
- Increase Range of Motion
- Increased Velocity
- Less Fatigue and Increased Endurance

**DRAWBACKS OF NOT COMPLETING PROGRAM**

- Increase Injury risk
- Weakness in posterior shoulder and rotator cuff
- Quickier fatigue rate
- Shorter Endurance
- Minimal Range of Motion

**PREVENTION PROGRAM**

9 Stretches
- 10s each
- 10 reps

9 Strength Exercises
- 1 set
- 20 Reps

- Completed once a week for a duration of 12 months

**RESULTS OF PREVENTION PROGRAM**

After assessing the result of the studies it has been proven that pitchers who completed a prevention program suffered fewer injuries than pitchers who did not.

Only 24 total injuries sustained injuries in the test group while the control group sustain 42 injuries.

Another study that also tested endurance. The test group increase from 30 repetitions to 88 repetitions by the end of the program.

**REFERENCES**


