

How Misinformed Coaches Are Ruining Young Arms

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Most coaches out there from Little League right through high school, don't have a clue about overuse injuries. Thousands of pitchers each year are ruined because of one thing - overuse injuries and not being fit to pitch.

Whether you are a Dad, a coach or a player remember one thing **Young arms are not BIONIC.** But also if a pitcher does not practice enough pitching his body will not remain fit to pitch.

Did you know that every time a pitcher throws a baseball both his shoulder and elbow want desperately to fly out of the socket? That's the kind of stress a pitcher's arm goes through. In fact, pitching a baseball is the single most stressful act in sports.

And do you know what keeps that arm stabilized so that it doesn't fly out of the socket. Nothing more than what orthopedic doctors call - **SOFT TISSUE**. Muscles, tendons and ligaments.

And these tendons and ligaments are attached to undeveloped bones.

CAUTION: Recent studies indicate that during the past seven years high school arm surgeries have increased ten times.

So every time that young pitcher goes over a certain pitch count, here is what happens. The soft tissue fibers begin to get what are called micro-tears - the beginning stages of injury. And these tendons start tugging on the bones. And since these bones are not fully developed and are actually bone cartilage (bone waiting to happen) the tendons can actually pull a piece of bone away and guess what you have - BONE CHIPS. Or you develop bone spurs. And this starts happening believe it or not as early as 10 years old.

So when that pitcher starts complaining of elbow pain or soreness you had better listen. Better yet buy yourself a little hand held counter and start counting pitches. Don't let some over-enthusiastic coach ruin another young arm. It doesn't have to happen.

And don't think because your son is "big and strong" for his age that this won't happen. In fact, it has nothing at all to do with how physical he might be or how strong he is, it's all about what is happening on the inside with an athlete that is still growing.

For most it's just not worth the risk.