

## PITCHING EXERCISES

### INTRODUCTION

Youth Baseball is a safe and enjoyable team sport, played by millions of children and adolescents all over the world. There are numerous reports which confirm a high incidence of chronic elbow and shoulder injuries in young pitchers. In fact, as many as 58% of children and adolescents between the ages of 11 and 18 experience shoulder and elbow injuries during or after pitching in organized games. When these injuries are ignored, more serious and chronic problems may arise. Consequently, it is very important for athletes to listen to their bodies.

The American Sports Medicine Institute and Little league baseball have recommended the following guidelines with respect to pitch count. (While there is some debate about the safety of curveball and breaking balls in youth pitchers, the ONS Foundation does not recommend the use of these pitches in little league play until further study and ideal mechanics have clarified this issue).

### Pitch Count and Other ASMI Recommendations (American Sports Medicine Institute)

#### Pitch Counts

#### Recovery Times

Age	Max.Pitches Per Game	Max. Games Per Week	Age	1 Day Rest	2 Day Rest	3 Day Rest	4 Day Rest
8-10	52	2	8-10	21	34	43	51
11-12	68	2	11-12	27	35	55	58
13-14	76	2	13-14	30	36	56	70
15-16	91	2	15-16	25	38	62	77
17-18	106	2	17-18	27	45	62	89

The survey also presented recommendations for the age at which a player could learn different types of pitches. These are listed below.

#### Survey - Age Recommendation for Learning Various Pitches

Pitch	Age	Knuckle ball	15 - 18
Fastball	8 - 10	Slider	16 - 18
Change-Up	10 - 13	Fork ball	16 - 18
Curve ball	14 - 16	Screw ball	17 - 19

If the shoulder and surrounding muscles are optimally conditioned, the chances of injury may be reduced. The ONS Foundation recommends that youth athletes consider the following prevention program. These exercises should be performed in the preseason, as well as during regular season play. The ONS Foundation hopes that both athletes and coaches will find this program useful and that it will help you play healthy and productive sports.

*Always consult your physician before beginning any exercise program. The information and advice published or made available through the ONS Foundation for Clinical Research and Education, Inc. is not intended to replace the services of a physician or physical therapist. This general information is not intended to diagnose any medical condition. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider to design an appropriate exercise prescription.*