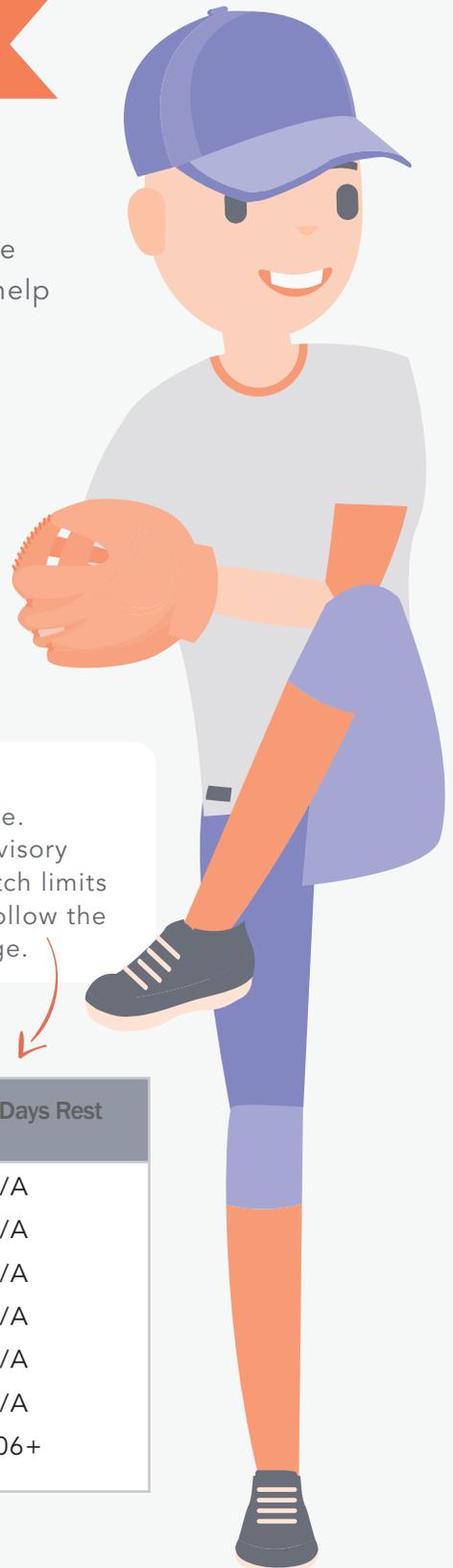


HEALTHY THROWING

Do's and Don'ts for Young Pitchers

The act of overhand pitching places tremendous stress on your inner elbow. Problems can range from little league elbow to ligament rupture (requiring Tommy John surgery). The following recommendations can help you stay healthy and injury-free.



Warm-Up Before Pitching

Start with a 3-minute light jog, then stretch, play catch with the catcher, and finally throw several warm-up pitches with progressive intensity- fastballs first.



Monitor Your Pitch Count

This is the primary determinant for youth elbow damage. Always follow the USA Baseball Medical and Safety Advisory Committee age-specific Pitch Smart® guidelines for pitch limits per game, week, season, and year. And remember to follow the guidelines for your actual age as opposed to league age.

Age	Daily Max (Pitches in Game)	0 Days Rest	1 Days Rest	3 Days Rest	4 Days Rest	5 Days Rest
7-8	50	1-20	21-35	N/A	N/A	N/A
9-10	75	1-20	21-35	51-65	66+	N/A
11-12	85	1-20	21-35	51-65	66+	N/A
13-14	95	1-20	21-35	51-65	66+	N/A
15-16	95	1-30	31-45	61-75	76+	N/A
17-18	105	1-30	31-45	61-80	81+	N/A
19-22	120	1-30	31-45	61-80	81-105	106+



Wear A Jacket Between Innings

Wearing a jacket over your arms is especially important during cooler weather.



Train Your Body

Make sure you train your whole system including your shoulder, core, and hip muscles. Your arm is like a catapult connected to a base (shoulder) that is securely mounted to a foundation (core). Repeatedly firing a catapult that does not have a strong base or foundation will lead to a loss of speed, accuracy, and reliability.



Have An Off-Season

Have a 2-4 month "off-season" that does not involve throwing.



Don't Over-Do It

Do not pitch on consecutive days or in multiple games per day.



Don't Play Catcher

Do not play as a catcher on "off days".



Don't Skip Your Off-Season

Avoid pitching on multiple teams with overlapping seasons.



Don't Push Your Limits

Stay away from radar guns or other measurement devices that challenge you to consistently throw harder.



Don't Put A Bandaid Over It

Do not use over-the-counter pain medication to enable continuation of an otherwise painful activity.



Reference:

PitchSmart USA. Guidelines for Youth and Adolescent Pitchers. Accessed 1/3/20 from: <https://www.mlb.com/pitch-smart/pitching-guidelines>