



Recommendations for Throwing Athletes

Maximum Pitch Counts

Age	Pitches Per Game
7-8	50
9-10	75
11-12	85
13-16	95
17-18	105

Age Recommended Pitch Learn

Age	Pitch
8±2	Fastball
10±3	Change-Up
14±2	Curveball
16±2	Slider

Weekly Rest Recommendations

Ages 7-14 (# of pitches)	Ages 15-18 (# of pitches)	Required Rest
1-20	1-30	None
21-35	31-45	1 calendar day
36-50	46-60	2 calendar days
51-65	61-75	3 calendar days
66+	76+	4 calendar days

Soreness Rules

If...	Then...
No soreness	Advance one step every throwing day.
Sore during warm-up, but soreness is gone within the first 15 throws	Repeat previous workload. If shoulder becomes sore during this load, stop and take two days off. Upon return to throwing, drop down one step.
Sore more than 1 hour after throwing or next day	Take one day off and repeat the most recent throwing program workout.
Sore during warm-up and soreness continues through the first 15 throws	Stop throwing and take two days off. Upon return to throwing, drop down one step.

Common Baseball Injuries

- Overuse, chronic injuries from repetitive stress to tissue
 - Shoulder: Tendinitis, internal impingement, loss of motion, poor strength or control of the shoulder blade, growth plate injuries, labral injuries, rotator cuff strain/tendinitis.
 - Elbow: UCL strain/tear, posterior impingement, nerve (tingling/numbness), flexor/pronator syndrome, OCD (osteochondritis dessicans), growth plate injuries, tendinitis.



When to Seek Care

- Obvious deformity, loss of sensation, significant swelling or pain.
- Loss of range of motion in elbow or shoulder
- Consistent loss in velocity accompanied by pain
- Locking or catching of the joint
- Heard a “pop” with onset of pain, swelling, loss of motion
- Recurrent pain with throwing

Injury Prevention Tips

- Perform a preseason throwing program that addresses:
 - Technique
 - Flexibility
 - Balance
 - Arm Care Strengthening
- Perform an adequate warm-up that lasts at least 10 min and includes:
 - Jogging
 - Dynamic movements for flexibility and mobility
 - Stretching
 - Short toss at low velocity and building up to long toss at higher speeds that are appropriate for position played.
- Post-throwing routine that includes gentle stretching tight muscles and ice for 20 min to elbow and/or shoulder to shrink inflammation and reduce soreness.
- Don't play through shoulder or elbow pain...Listen to your body.



If you have any questions or would like to speak to a therapist, please call the Physical Therapy Department at (402) 609-1750.