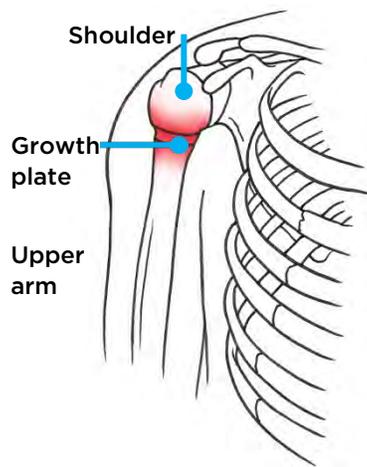


Little League Shoulder



Your child has been diagnosed with “Little League shoulder.” This is an irritation of the growth plate in the upper arm. It is often caused by too much throwing (overuse), throwing with poor form, or weakness in the muscles around the shoulder and upper back. Pitchers and catchers are at higher risk because of the speed and number of throws they make.

Symptoms may include:

- Shoulder or arm pain while throwing or at rest
- Difficulty moving the arm fully in all directions
- Decreased speed or control while throwing

Common treatments include:

- Rest (avoid throwing)
- Ice
- Stretching
- Strengthening for the muscles around the shoulder
- Physical therapy
- Analysis of throwing and pitching form
- Following pitch count instructions

Your child should avoid throwing, avoid painful motions and be careful with overhead motions.

Prevention

To prevent injury, fastballs and change-ups must be thrown with proper form. Your child should not throw curveballs, knuckleballs, sliders, or screwballs if they are younger than 13.

Early exercises for shoulder pain

Begin the following exercises until your child’s appointment with a physical therapist. Exercises should be pain free. If pain worsens, then stop the exercises.

To Learn More

- Sports Physical Therapy
206-987-6400
- Ask your child’s healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Pendulum

1. Stand with your body bent forward, supported by one arm on a table. Let the injured arm hang toward the ground.
2. Shift body in a circular motion, letting the hanging arm swing in circles. Let the motion of your body create the movement, not your arm muscles..

Do 2 sets of 10 repetitions.



Shoulder blade retraction

1. Sit or stand in an upright position.
2. Squeeze your shoulder blades together.
3. Hold for 5 seconds.
4. Relax back into starting position.

Do 2 sets of 10 repetitions.



Shoulder internal rotation isometrics

1. Stand in a doorframe with your arm bent at 90 degrees and your elbow tucked at your side (see picture).
2. Press hand inward against the doorframe, using only a quarter to a half of your strength.
3. Hold for 5 seconds and then relax. There should be little to no movement of your arm with this exercise.

Do 2 sets of 10 repetitions.



Shoulder external rotation isometrics

1. Stand next to a wall with your arm bent at 90 degrees and your elbow tucked at your side (see picture).
2. Push hand outward against the wall, using only a quarter to a half of your strength.
3. Hold for 5 seconds and then relax. There should be little to no movement of your arm with this exercise.

Do 2 sets of 10 repetitions.

