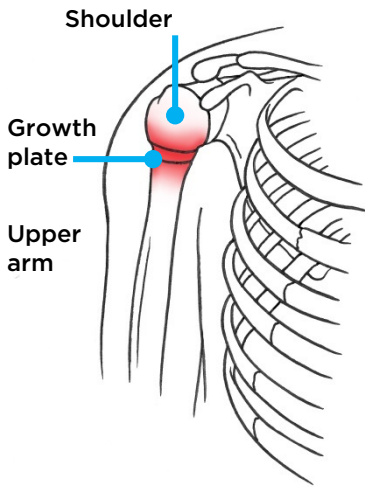


Little League Shoulder



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 more at risk than other team positions because of the speed and number of throws for those positions.

Symptoms may include:

- Shoulder or arm pain while throwing or at rest
- Difficulty moving the arm through full range of motion
- 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, be careful with overhand motions, and avoid painful motions. Your child should not throw curveballs, knuckleballs, sliders, or screwballs if he or she is younger than 13. Be sure that fastball and change-up are thrown with proper form.

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.

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. Do not use your arm muscles to create the movement.

Do 2 sets of 10 repetitions.



Shoulder blade retraction

1. Sit or stand in an upright position.
2. Squeeze your shoulder blades together. Hold for 5 seconds.
3. 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 (see picture) and your elbow tucked at your side.
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.
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.



To Learn More

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

Free Interpreter Services

- In the hospital, ask your child's 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.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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