

# Baseball

## Key Concepts for Injury Prevention



### What kind of injuries occur in baseball?

**Traumatic injuries** occur suddenly.

These are typically prevented with proper equipment, rules, regulations and fair play.

**Overuse injuries** occur over time.

These can be prevented by knowing early warning signs, general conditioning and following recommendations for rest.

### What is forced rest?

Body tissues can become worn out and painful when they get too much stress with certain activities.

**Forced rest** is taking a strategic break from motions or activities that cause damage and sometimes pain.

### What else can be done to reduce injury risk in baseball?

- Avoid playing on multiple teams in one season
- Be smart about side session work, this counts toward pitch counts too.
- Play multiple sports
- Take 2-3 months off from pitching each year
- Cross train during season and in the off-season
- Ramp up slowly in pre-season



### Cross training ideas for young baseball players?

- Flexibility exercises
- Sprinting drills
- Strength training with body resistance
- Core stabilization and shoulder blade stabilization

### Who is more likely to get an overuse injury?

- Pitchers that also play in other heavy throwing positions when not pitching, i.e. catcher, shortstop
- Pitchers who play year-round or on multiple teams
- Players who continue throwing through fatigue and/or pain.



# Baseball Training Tips

*Balance baseball skills training with cross training.*

## Focus on Proper Technique

- HOW is as important as HOW MANY
- Too many pitches leads to fatigue and poor form
- Limiting total pitch count allows proper technique during practice and games

See Little League recommendations for pitch counts and rest periods

## Flexibility Exercises

Dynamic stretching activities or static stretching of major muscle groups including: hamstring, calf, shoulder, trunk rotation. Monitor for changes from side to side.

## Body Resistance Strength Training

- Push-ups
- Pull-ups
- Wheelbarrow walking with a partner
- Squats
- Lunges

## Speed and Power Drills

- Sprints and shuttle runs
  - 12 yrs & under—20-30 yard
  - 13 yrs & over—30-40 yard
- Jumping drills

## Take a Day Off

- Swimming— multi-stroke distance swimming and deep water running
- Interval Training—jogging with short sprints
- Balance and coordination activities—yoga
- Soccer, cycling, or another non-throwing sport

### Age Recommended for Learning Various Pitches

Pitch	Age
Fastball	8
Change-up	10
Curveball	14
Knuckleball	15
Slider	16
Forkball	16
Splitter	16
Screwball	17

*\*Source: USA Baseball Medical and Safety Advisory Committee Pitching Guidelines*

### Pitch Counts

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

### Mandatory Rest

Ages 14 and Under	Ages 15-18	Mandatory Rest Requirement
66+	76+	4 days
51-65	61-75	3 days
36-50	46-60	2 days
21-35	31-45	1 day
1-20	1-30	No requirement

*\*Source: Little League™ Baseball*