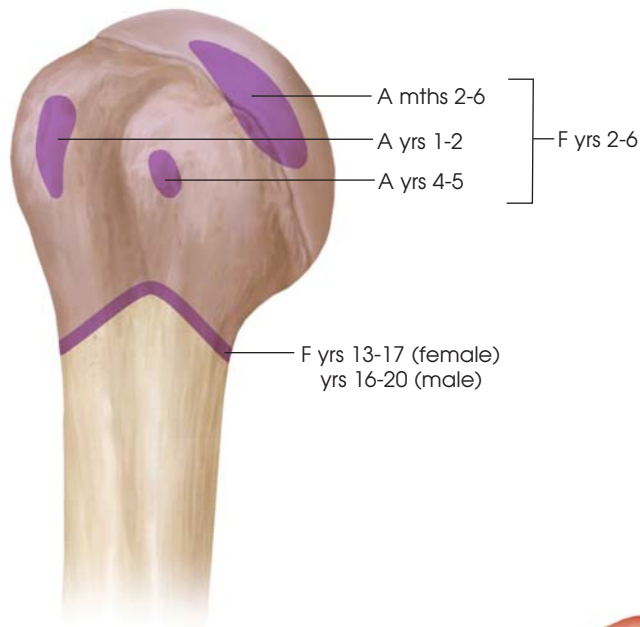


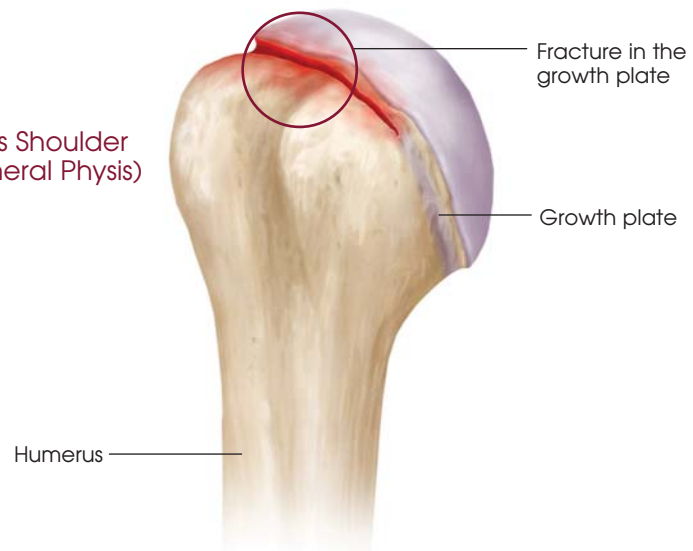
Little Leaguer's Shoulder (Proximal Humeral Physis)

Ossification Sites/Growth Plates of the Humerus
(Proximal End)



Key: _____
A- Appears
F - Fuses

Little Leaguer's Shoulder
(Proximal Humeral Physis)



Little Leaguer's Shoulder is an overuse injury to the growth area of the upper arm bone at the shoulder joint. This growth area, or growth plate is called the proximal humeral physis. This injury is often seen in young baseball pitchers between the ages of 11 and 16 or athletes involved in racquet sports, swimming and gymnastics. Symptoms include pain (which may develop over time), tenderness, weakness and loss of range of motion.

Common Treatment Options

- Stop all throwing activities while pain is present.
- Ice and acetaminophen can be used to control the pain. Avoid non-steroidal anti-inflammatory medications.
- Rehabilitation and prevention programs should include:
 - Carefully monitor the intensity and amount of overuse by following USA Baseball and Little League guidelines for pitch counts and number of innings per week.
 - Rotator cuff and scapular strengthening and coordination.
 - Core strengthening and balance exercises.
- Qualified coaches should evaluate the mechanics of overhead arm activity to ensure correct form.
- Gradual return to throwing can begin when the athlete has no pain for 4 weeks.

