

Baseball Injury Facts

- 20% of baseball players aged 9-15 will sustain an injury in a given season
- The #1 risk factor in little league injuries is overuse
- Averaging more than 80 pitches per game leads to a 4x increase in injury risk
- Injuries to the growth plates in the elbow or shoulder can lead to long-term developmental issues
 - Such as stunted growth and joint deformities
- Young pitchers who sustain repetitive arm injuries may experience chronic elbow or shoulder pain
 - This can affect their ability to participate in sports, even into adulthood.

FAQ

- **How often should the Arm Care 10 be done?** Before each practice/game at minimum. Ideally, 6 times a week
- **Is this just for pitchers or all players?** This routine is for ALL players, but should ESPECIALLY be done by pitchers
- **Why do the Arm Care 10 routine?** This routine strengthens muscles and joints used for overhead throwing, which is critical for preventing injury

Recommended Guidelines

From armcare.com

- Reduce workload until age 13
- Follow a 6-7 day rotation at age 15
- No back-to-back days under age 18
- Reduce max pitch count if player is removed early from the game
- Early season buildup over first 4 outings

Pitch Count Guidelines From armcare.com						
Age	Daily Max	1 Day Rest	2 Day Rest	3 Day Rest	4 Day Rest	5 Day Rest
10-12	50	1-20	21-30	31-40	41-50	-
13-14	70	1-20	21-35	36-50	51-70	-
15-16	85	1-20	21-35	36-50	51-75	76-85
17-18	100	1-20	21-35	36-50	51-75	76-100

Special Thanks To Contributing Experts

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PITCHING HEALTH
INITIATIVE

ARM CARE
10



UT Health
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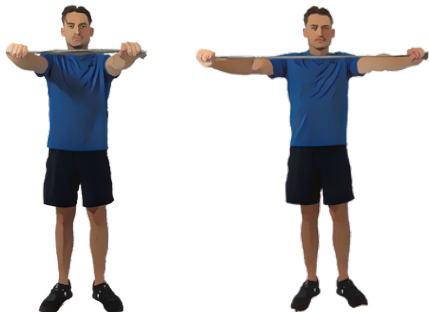
1. Active Wrist Extension
10 reps of 5 second holds per hand



2. Cross Body Stretch
2 reps of 30 second hold per arm



3. Pull Apart
2 sets of 10 reps



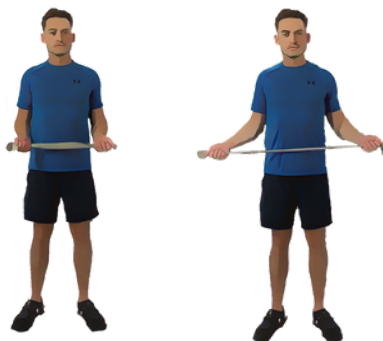
4. Diagonal Pull Apart
2 sets of 10 reps per side



5. Standing W
2 sets of 10 reps



6. No Money
2 sets of 10 reps



7. Standing Internal Rotation
2 sets of 10 reps per arm



8. Scaption
2 sets of 10 reps per arm



9. Bicep Curl
2 sets of 10 reps per arm



10. Dynamic Hug
2 sets of 10 reps

