



PREVENT INJURY  
From  
LITTLE LEAGUE TO COLLEGE



**2 GAMES MAX  
PER WEEK**

Regardless of the number of leagues player participates in

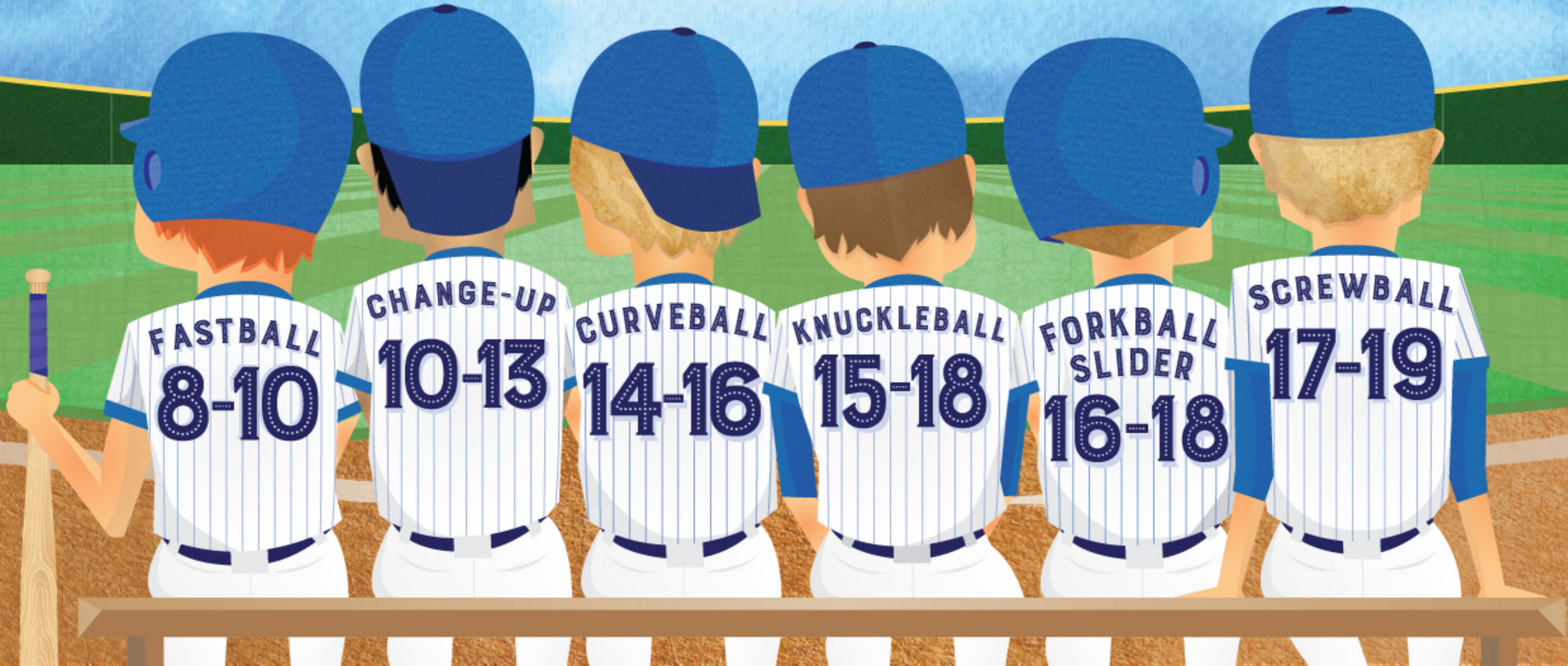
# Safety Guidelines FOR PITCH COUNTS

AGE	4-6	7-8	9-10	11-12	13-16	17-18
PPD LIMIT	N/A	50	75	85	95	105

PPD = PITCH PER DAY

# Recommended Age FOR LEARNING NEW PITCHES

Avoid injury with correct mechanics  
Basic throwing should be learned before moving into pitching. Players should master fastball & change-up pitches before moving into more advanced techniques.



# Stay Safe

*Safety Guidelines*  
FOR PITCH COUNTS

4-6	7-8	9-10	11-12	13-16	17-18
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## RECOMMENDED REST TIMES BETWEEN PITCHING SESSIONS

### 7-14 YEARS OLD

**THROWS IN A DAY**      **REST DAYS**

76+      4

61-75      3

46-60      2

31-45      1

1-30      0

### 15-18 YEARS OLD

**THROWS IN A DAY**      **REST DAYS**

66+      4

51-65      3

36-50      2

21-35      1

1-20      0

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# Strike-Out Pain

## SAFETY FUNDAMENTALS

### HAVE AN OFF SEASON

Allow at least 3 months with no overhand throwing

### THE BATTERY

Pitchers should not play catcher and vice versa

### CROSS TRAIN

Encourage your child to cross train in other sports

### DON'T PUSH IT

Avoid injury by adhering to resting guidelines

### BE RESPONSIVE

If a pitcher complains of arm or shoulder pain, seek out an orthopaedic specialist to avoid serious injury



# 7<sup>th</sup> INNING STRETCH

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## OVERUSE INJURIES

Players who throw too frequently without properly resting will compromise their joint & limit their range of motion over time.

### Limited Shoulder Rotation (or GIRD)

Glenohumeral internal rotation deficit is an abnormal tightness of the back of the shoulder. GIRD is the condition that occurs when the arm is repetitively pulled forward in the follow through phase of throwing.

### Superior Labrum Anterior & Posterior (SLAP) Tears & Rotator Cuff Tears

When untreated or not adequately rested, players suffering from GIRD can develop labral tears and or a tear in the back portion of the rotator cuff. Routinely stretching the back of the shoulder with a sleeper stretch can prevent these injuries from occurring.

## SLEEPER STRETCH

START



FINISH

