

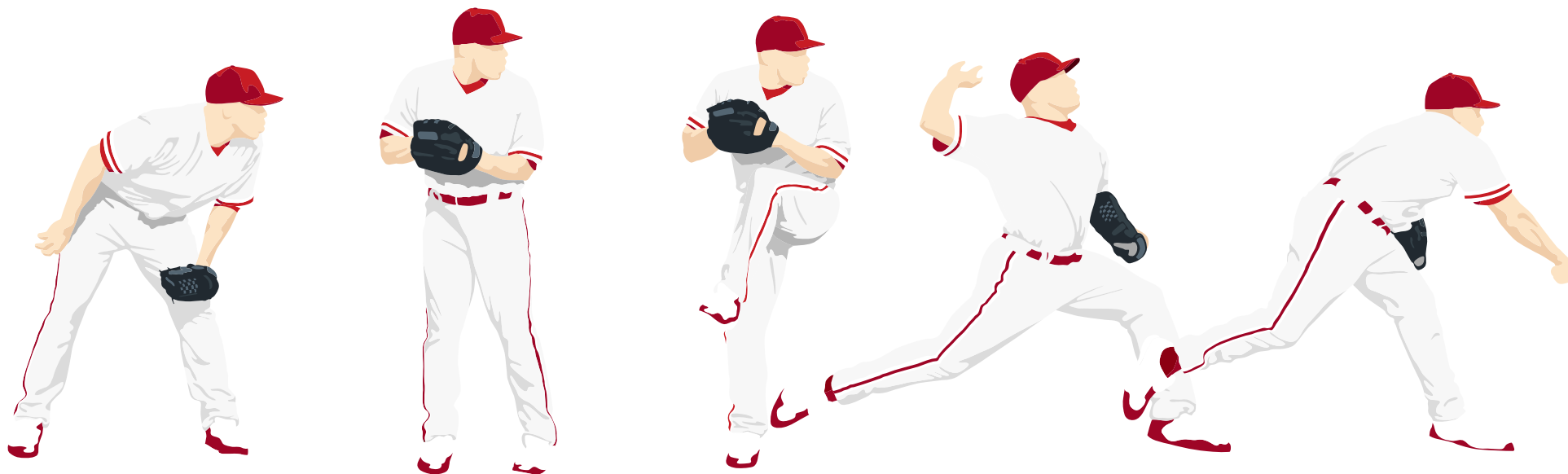
Avoid year-round play of a single sport.

Ensure coaches and players receive proper instruction and/or certification to ensure a safe playing environment.

Don't throw/pitch through pain. If pain persists, see a doctor.

Warm up prior to throwing by stretching, running and gradually increasing throwing intensity.

Strengthen your foundation: strengthen the legs and core abdominal muscles to help protect the shoulder and elbow.



Pay attention to age-specific guidelines for pitch counts and rest in between pitching days.(PitchSmart.org)

AGE	DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)				
		0 Days	1 Day	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	NA	NA
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-14	95	1-20	21-35	36-50	51-65	66+
15-16	95	1-30	31-45	46-60	61-75	76+
17-18	105	1-30	31-45	46-60	61-75	76+
19-22	120	1-30	31-45	46-60	61-75	76+

For an appointment or consultation with a UH Sports Medicine specialist near you, call or visit:

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