



BC Amateur Baseball Association

#310 – 15225 104th Avenue, Surrey, BC V3R 6Y8

T:(604) 586-3310
F:(604) 586-3313
E:info1@baseball.bc.ca
I: www.baseball.bc.ca

Preventing Arm Injuries

1) This is a link to Baseball Canada's pitch count rules.

[https://www.baseball.ca/uploads/files/2018%20Arm%20Smart%20\(Pitch%20Count\)%20\(Eng\).pdf](https://www.baseball.ca/uploads/files/2018%20Arm%20Smart%20(Pitch%20Count)%20(Eng).pdf)

2) This is a link to the Andrews Institute website and a page titled, '**Baseball Common Injuries and Prevention Tips**'. The page provides recommendations for preventing overuse arm injuries.

<http://www.andrewsinstitute.com/InjuryPrevention/Baseball/>

3) This is a link to Major League Baseball's, '**Pitch Smart**' program. A variety of resources are available including guidelines and recommendations. Interviews with current and former pitchers are included.

<https://www.mlb.com/pitch-smart>

4) This is an article from USA Baseball titled, '**Eight Essentials of Pitching Recovery**'. It makes a variety of recommendations about what pitchers should do after an outing.

https://www.usabdevelops.com/USAB/Blog/Eight_Essentials_Pitching_Recovery.aspx

5) This is a link to a Ted Talk by Dr. Nikhil Verma, titled, '**A Dangerous Game: The Truth About Youth Sports**'. Dr. Verma is the Head Team Physician for the Chicago White Sox. His presentation focuses on Tommy John surgery and discusses how the surgery was initially intended for professional athletes and has become commonplace for youth. He presents data to suggest single sport specialization is a contributing factor to arm injuries.

https://www.youtube.com/watch?v=n_Slxq7qajs

6) This is a link to an action research project titled, '**Arm Injuries Suffered by Youth Baseball Pitchers: Solving the Problem in the BC Minor League**' written by Kyle Williams. The academic thesis documents the implementation of pitch count rules combined with education for parents, coaches, and athletes, within BC Minor in 2010.

(insert link)