

# Modifiable Injury Risk Factors:

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## Overuse:

Pitching and catching in the same day - increases arm injury risk 2-3x

Pitching/playing on multiple teams per season - increases arm injury risk 5x

Pitching when fatigued - **increases arm injury risk 36x**

Throwing for more than 8 months out of the year - increases arm injury risk 5x

Earlier sport specialization leads to increased injury risk

## Mechanics:

Poor control (less than 50% strikes) - increases likelihood of being on DL by 50%

Sacrificing mechanics for velocity increases injury risk

Curveball not associated with increased injury risk however mechanics must be sound

## -Strength/Fitness

Weak rotator cuff increases risk for injury

Tight posterior capsule increases risk of arm injury 4-6x

\*Olsen et al. AJSM 2006