

SHOULDER OVERUSE SYNDROME

Shoulder overuse syndrome is caused by too much repetitive motion, over-practicing and typically affects overhead athletes, such as pitchers and catchers.

Shoulder overuse conditions are among the five most common conditions incurred by Illinois high school athletes, according to a survey of the state's certified athletic trainers.

The six-month study was conducted by the Illinois Athletic Trainers Association (IATA) in collaboration with Midwest Orthopaedics at Rush (MOR). State licensed athletic trainers from across the state identified the most common conditions and injuries high school athletes sought treatment for during the 2011-2012 school year.

To learn more about the study, visit www.rushortho.com.



Recently, stricter guidelines have been implemented to allow baseball players a limited pitch count and periods of rest. MOR physicians and athletic trainers also recommend these strategies and exercises to prevent overuse syndrome.

Tips to avoid shoulder overuse syndrome:

- If you are experiencing shoulder or elbow pain or discomfort, communicate with your parents, coach or athletic trainer about how you feel. Never play with pain.
- If you have persistent pain in your shoulder or elbow that is untreatable by anti-inflammatory medication, see a board-certified orthopedic surgeon who specializes in upper extremities.
- Always warm-up properly by stretching, running and practicing your overhead motion with gradual increase in intensity.
- Play a variety of positions so you aren't causing stress to muscles and ligaments with repetitive motion.
- Avoid competing on more than one team or playing in overlapping leagues.
- For youth baseball, follow the pitch count guidelines established by Little League International.
- For throwing athletes, don't pitch on consecutive days.
- Don't play year round. If you want to stay in shape in the off-season, cross train or play a different sport.
- Concentrate on good mechanics, control and accuracy and not SPEED.
- Master your skill before trying something new.





Exercises to prevent Shoulder Overuse Syndrome:



Shoulder Internal Rotation (Isometric)

- Stand at a corner of a wall or in a doorframe. Place the involved arm against the wall around the corner, bending your elbow 90 degrees. Push your arm into the wall.
- Hold for 5 seconds, and then relax.
- Repeat 10 times.



Shoulder Internal Rotation (Active)

- Bring hand behind back and across to the opposite side.
- Repeat 10 times.
- Do 3 sessions a day.



Shoulder External Rotation (Isometric)

- Stand with the involved side of your body against a wall.
- Bend your elbow 90 degrees. Push your arm into the wall.
- Hold for 5 seconds, and then relax.
- Repeat 10 times.



Shoulder Flexion (Active)

- Raise arm to point to ceiling, keeping elbows straight.
- Hold for 10 seconds.
- Repeat 3 times.
- Do 3 sessions a day.



Shoulder Adduction (Isometric)

- Press upper arm against a small pillow alongside your body. Hold for 5 seconds.
- Repeat 10 times.
- Do 3 sessions a day.

The following shoulder specialists are available to discuss your injury or pain:

Dr. Bernard Bach
Dr. Charles Bush-Joseph
Dr. Brian Cole
Dr. Brian Forsythe
Dr. Shane Nho
Dr. Gregory Nicholson
Dr. Anthony Romeo
Dr. Nikhil Verma

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