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sion Management

What is Tommy John Surgery and  
how to avoid it?



There are a number of injuries that a baseball player can succumb to, the most well-known are Tommy John injuries, also

- There is a 500% increase in risk for surgery for those players that pitch more than 8 months per year and a 400% increase in risk is observed for those that throw more than 80 pitches per game.<sup>3</sup>
- There's a common belief among players, parents, & coaches that the rehab program post-Tommy John sx. Was <1 year w/ a quick return to throwing.<sup>4</sup> We are now seeing high level ball players returning around 14-16 months post-op.

It is important that younger players better understand it's not okay to play through pain. **Warning signs include:**

- Decreased velocity
- Elbow tightness and pain
- Difficulty warming up.

Other ways for youth baseball players to stay healthy such as keeping a log of innings or pitches and thrown, proper warm-ups, and cross sport training.

References: Saper, MG, Pierpoint, (2018). Epidemiology of shoulder and elbow injuries among United States high school players. *AJSM*, 46(1), 47-53.

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**-Prevention-**

**5 of the Biggest Mistakes People Make Returning to Training After a Shoulder Injury:**

**1.) Increasing Workload When Pain is Gone, or When Athletes are "Cleared"**

The plan must be outlined with goals, to avoid athletes having flare ups upon return to training.

**2.) Not Restoring Unilateral Strength Before Bilaterally Loading The Shoulder** Those w/ continued shoulder pain because they failed to regain unilateral shoulder strength, motion and stability before jumping back to training. Must people want to jump back into more fun exercises like bench pressing, pull ups, and push-ups before restoring symmetry. Altered movement patterns develop and lead to breakdown.

**3.) Treating the Symptoms of Shoulder Pain, Instead of the Cause.**

This may be due to joint restrictions or a spinal component to the underlying injury.

**4.) Not Creating a Professional Individualized, Objective, Return to Fitness Program.** Fail to plan they plan to fail. Safe & realistic goals should be set.

**5.) Lack of a Rot. Cuff Maintenance program.**

At TRS we recommend a year check up for joint restrictions, muscle imbalances, sufficient mobility & proper progression with training which helps curtail injuries. You have dental check ups twice a year, why not your body?

**Nutrition Recommendations**

Proteolytic enzymes, vitamin C, vitamin E and zinc are anti-inflammatory. These nutrients bolster the health and performance of proteins in the tendons and ligaments and form the foundation for the creation of these connective structures and play a role in producing collagen. Proteolytic enzymes taken in conjunction with vitamin C can also boost each other's efficacy in treating injuries and weakness in the structures. Vitamin C should be consumed in high doses on the days following an injury to the tendons and/or ligaments to support healing. **Contact TRS to order any of our top of the line medical grade supplements.**