

DISTRIBUTION DOES NOT IMPLY ENDORSEMENT OR RECOMMENDATION BY BROWARD COUNTY PUBLIC SCHOOLS.

Sports & Activities

WESTON DIRECTORY



**2010
CAMPS**
SEE SPECIAL
CAMP SECTION IN
THIS ISSUE!

APRIL - JUNE 2010

www.sportsandactivities.com



“Dad, my shoulder hurts!”

Stephen K. Storer, M.D.
Pediatric Orthopaedic Surgeon

Most players, parents and coaches would agree that youth sports carry an inherent risk of injury. After all, football, baseball and soccer can be rough sports. Everyday on ESPN we hear about star professional players out for the season to recover from shoulder, hip and knee reconstruction surgery. What we fail to realize is that most adolescent sport injuries are overuse type injuries. Children and adolescents are at risk for sports-related overuse injuries as a result of improper technique, training errors, and muscle weakness and imbalance.

The demands of overhead sports (e.g., baseball, tennis, volleyball) put the shoulder at a particular risk of injury. “Little leaguer's shoulder” is an overuse or stress injury of the growth plate of the upper humerus (one of the bones of the shoulder joint). Unlike adults who often injure the rotator cuff, in children the growth zone of the shoulder is the most vulnerable area for injury to occur. Players, parents and coaches must be aware that persistent shoulder pain with overhead activity is a symptom of little leaguer's shoulder. Most players report a dull ache or pain with throwing that can persist for weeks to months. The

shoulder is usually tender to the touch. X-rays often show widening of the growth zone of the upper humerus. A MRI is usually not needed to make the diagnosis. Fortunately, this condition is reversible. Initial treatment includes rest and complete restriction of overhead activity. Icing and anti-inflammatory medication are also useful to alleviate the pain. Rehabilitation consists of strengthening, followed by an interval return to throwing program, only after the player is completely pain free.

Like other medical conditions, prevention is less challenging and more effective than treatment of the disease itself. All players should closely adhere to pitch count guidelines and recommended rest periods (see chart below). Regular evaluation of throwing technique and seasonal cross-training are also effective at preventing overuse injuries.

For more information, log on to our website at www.u18sportsmedicine.com or contact us at 954-538-5500. U18 Sports Medicine is part of Memorial Healthcare System and affiliated with Joe DiMaggio Children's Hospital.

Age	Recommended maximum pitches per outing	Recommended rest days between outings
7 to 8	50	2 calendar days of rest
9 to 10	75	3 calendar days of rest
11 to 12	80	3 calendar days of rest
13 to 16	90	3 calendar days of rest
17 to 18	105	3 calendar days of rest

[U18]TM

Sports Medicine

affiliated with Joe DiMaggio Children's Hospital



MAKE THE RIGHT MOVE

75 years of pediatric orthopaedic experience is closer than you think

[U18] Sports Physicians

Michael Jofe, MD

Randolph Cohen, MD

Neal McNerney, MD

Stephen Storer, MD

Cara Novick, MD

Contact Us:

[U18] Sports Medicine
1951 Southwest 172 Avenue, Suite 207
Miramar, FL 33029
Appointments: 954.538.5500
www.U18SportsMedicine.com

We developed [U18] Sports Medicine to meet the unique needs of young athletes because children aren't just small adults. Our team, starting with our fellowship-trained Pediatric Orthopaedic Surgeons from Joe DiMaggio Children's Hospital, specializes in treating young athletes.

From advanced diagnostic imaging by our Pediatric Radiology Team, to care by our Board-Certified Pediatric Anesthesiologists and rehabilitation by our Orthopaedic-Certified Physical Therapists, your young athlete will be cared for by professionals who specialize in treating children, adolescents and teens.

- Board-certified, fellowship-trained Pediatric Orthopaedic Surgeons
- Certified Orthopaedic Physical Therapists with pediatric sports medicine experience
- A nurse practitioner, physician's assistant and athletic trainers

Learn more at www.U18SportsMedicine.com