

## Avoid Injury this Baseball Season *(Interview Transcripts)*

**Dr. Craig Wilson, Orthopedic Surgeon, OSF HealthCare**

“The saying ‘no pain, no gain’ doesn’t necessarily apply. Pay attention to where the pain is. Joint pain is not normal. Muscle soreness can be normal from practicing hard and playing hard – so if it’s pain in the muscles themselves that’s okay, but your actual joints should not hurt you when you’re playing. That’s something to pay attention to in order to help differentiate.”

**Dr. Craig Wilson, Orthopedic Surgeon, OSF HealthCare**

“Overuse injuries tend to be from the throwing arm. You can see shoulder pain that can be from just tendonitis or rotator cuff tendonitis, partial thickness tears, SLAP tears which is a labral injury where the bicep attaches to the shoulder – and often times they are from repetitive use over time without adequate rest before continuing on.” (:22)

**Dr. Craig Wilson, Orthopedic Surgeon, OSF HealthCare**

“The entire body is involved with throwing. You need to make sure you have a strong core. You want to make sure you have good scapular stabilizers, which are all of the muscles that stabilize your shoulder blade and your rotator cuff is what stabilizes the ball and socket joint. You need to make sure those are strong and flexible. Make sure you have good core strength and thoracic rotation where your rib cage is. You need to be able to rotate through your spine. And your hips also need to be strong and be able to rotate well.” (:28)

**Dr. Craig Wilson, Orthopedic Surgeon, OSF HealthCare**

“I think the biggest piece of advice is ease into things. We see a lot of injuries that occur when people do too much too soon. By making sure that you’re gradually increasing the amount of activities, minding the pitch count, giving yourself the proper rest between games, and focusing on good technique are going to be the main stays of preventing injury.” (:20)