

Not all fun and games

Overuse injuries in baseball can happen at young ages

RUN TIME - :36

ANCHOR LEDE

When you think of youth baseball, you think fun and games, right? More learning fundamentals and less curveballs and collisions.

But parents and coaches should be aware: injuries can happen at all levels.

Tim Ditman of OSF HealthCare has more.

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OSF athletic trainer Brittany Delaney says kids often have pain in their elbow or shoulder from overuse. It can keep a youngster on the sidelines for months.

To prevent these problems, the athlete should get on a good training program. That involves dynamic stretching, throwing mechanics, and strength training.

\*\*\*SOT\*\*\*

Brittany Delaney

OSF HealthCare athletic trainer

**"They understand that when they're throwing, it's all about speed. But they think it's all in the shoulder. It's not It's in your upper back, core and hips." (:15)**

I'm Tim Ditman.

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ANCHOR TAG

Kids should also not try to get too fancy with pitches until they're older. And adults should empower the athletes to speak up if they are hurt.