

Not all fun and games

Overuse injuries in baseball can happen at young ages

SOT

Brittany Delaney

OSF HealthCare athletic trainer

"You'll notice a decrease in speed when they're throwing. Their pitching accuracy is not as good. So usually, kids have to be pulled out of the game because they're in too much pain." (:11)

SOT

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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)