

Children's Bone and Spine Surgery

Little League Elbow

What is Little League Elbow?

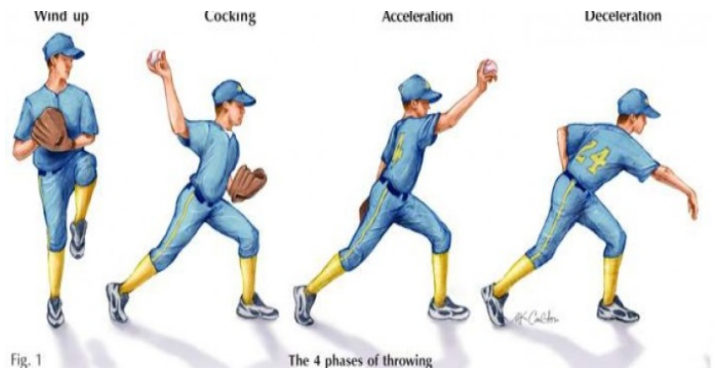
- Little League elbow is a condition that is caused by repetitive throwing motions, especially in children who play sports that involve an overhand throw. "Little League Elbow" is a generic term for medial elbow injury. It can also refer to injuries to the medial aspect of the elbow including: medial epicondyle stress fractures, ulnar collateral ligament injuries and flexor- pronator mass strains.

Causes:

- Due to repetitive valgus loading with throwing causing repetitive microtrauma to the immature skeleton causes tension overload of the medial structure
- Demographics
 - Younger patients are more likely to have apophysitis or avulsion injuries, rather than UCL sprains

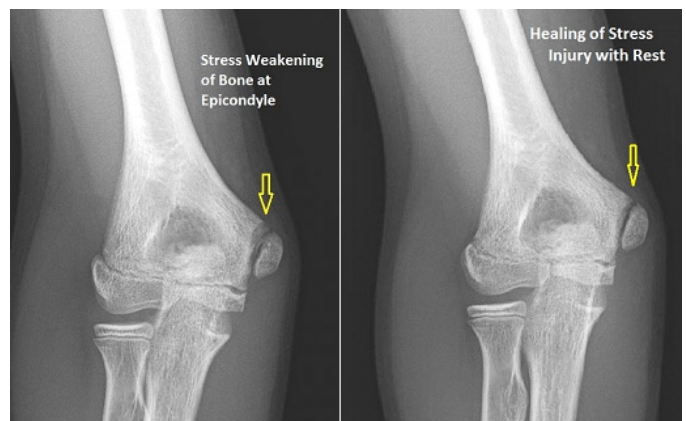
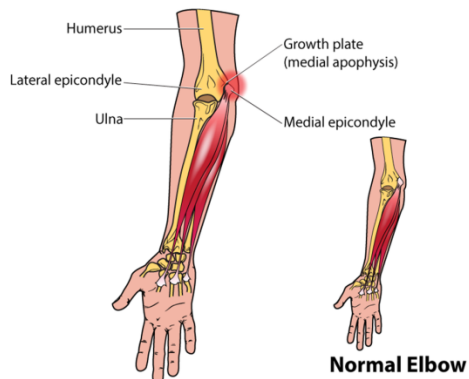
Signs and Symptoms:

- Patients can complain of:
 - Pain on the medial aspect of the elbow
 - Decrease speed, accuracy and distance when throwing



Treatments:

- Conservative approach:
 - Rest
 - Activity modifications with additional formal physical therapy
 - Coach and parental education is critical to limit number of innings pitched per week
- Surgical intervention can be applicable if all conservative treatments are not beneficial.



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