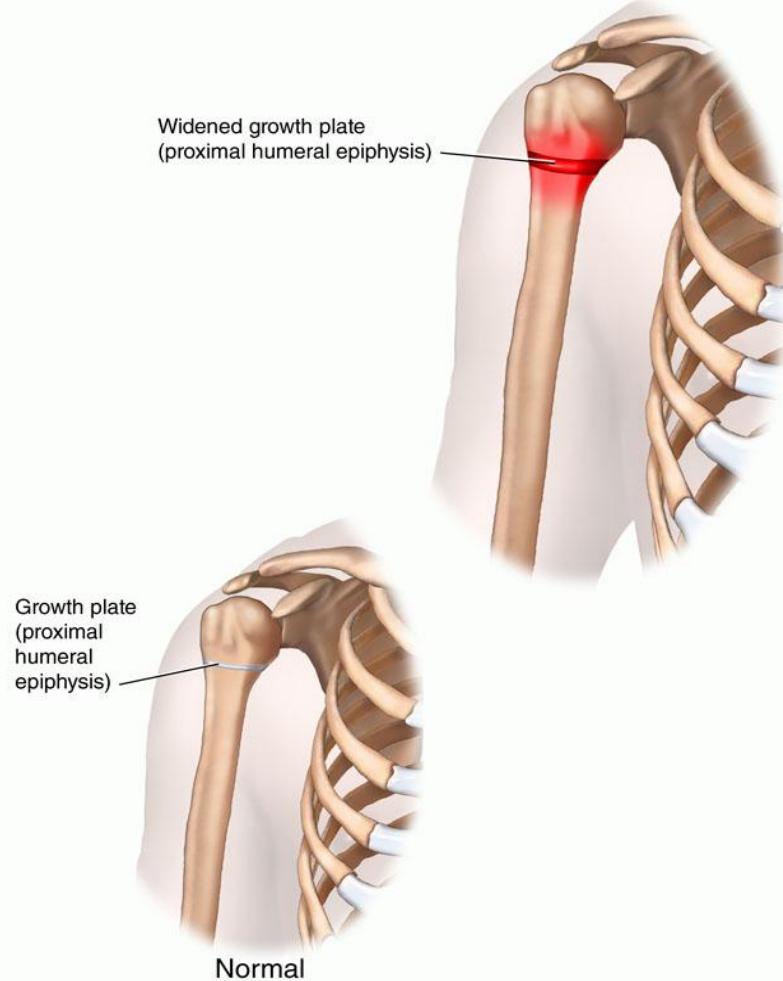


Little League Shoulder

Little Leaguer's Shoulder (Proximal Humeral Epiphysitis)



What Is Little League Shoulder?

Little League Shoulder (LLS) is a stress injury to the growth plate (physis) of the upper arm bone (humerus), just below the shoulder. It's medically known as *proximal humeral epiphysitis* and typically affects children aged 11–16 who play overhead sports like baseball, cricket, tennis, or swimming.

Why Does It Happen?

In growing children, the growth plate is weaker than surrounding muscles and tendons. Repetitive overhead throwing or serving can overload this area, leading to inflammation and pain.

Common Symptoms

- Gradual onset of shoulder pain, especially during or after throwing
- Pain with increased pitch count or effort
- Tenderness at the top of the upper arm
- Reduced throwing performance or reluctance to participate
- Occasionally mild swelling

Who's at Risk?

- Young athletes in overhead sports
- High pitch or throw counts
- Poor throwing mechanics
- Inadequate rest between sessions
- Early sports specialization

Diagnosis, Treatment & Recovery How Is It Diagnosed?

Diagnosis is usually clinical, supported by:

- History of overuse
- Physical examination
- X-rays may show widening of the growth plate

Treatment Approach

Rest is key. The growth plate needs time to heal:

- **Initial rest** from throwing (typically 6–12 weeks)
- **Pain management** with ice and activity modification

- **Physiotherapy** to address shoulder strength, flexibility, and mechanics
- **Gradual return to sport** under guidance

Prevention Tips

- Limit pitch counts and monitor fatigue
- Encourage cross-training and rest days
- Teach proper throwing technique
- Avoid early specialization in one sport

When to Seek Help

If your child has persistent shoulder pain, especially related to throwing, consult a physiotherapist . Early recognition helps prevent long-term issues and supports safe return to sport.