

October 2008



NEWSLETTER

M & M Physical Therapy, LLC
Columbus 609-324-1200, Mt. Laurel 856-234-4600, Marlton 856-988-7999
www.mmptnj.com

PITCH COUNT

By Brant Navoa, PT,

Q: My 12-yr-old son has been active in organized baseball for a couple of seasons, but recently has shown interest in becoming a pitcher. I am very apprehensive due to all the talk about young throwers hurting themselves because their arms aren't strong enough to handle curveballs. Are coaches and Little League Baseball officials doing anything to ensure this doesn't happen?- Claire, Burlington, NJ

A: As a parent, you are simply looking out for what is most important--*your child's safety*. However, you maybe worried for the wrong reasons. Physiologically speaking, breaking pitches (i.e. curveballs, sliders, etc.) can put substantial stress and torque on arms, especially on musculoskeletally immature shoulders and elbows. But according to Dr. Glen Fleisig, director of research at the American Sports Medicine Institute, while throwing breaking balls too early may adversely affect young throwers, "The statistics all point to the amount (of pitches) as the No. 1 factor."

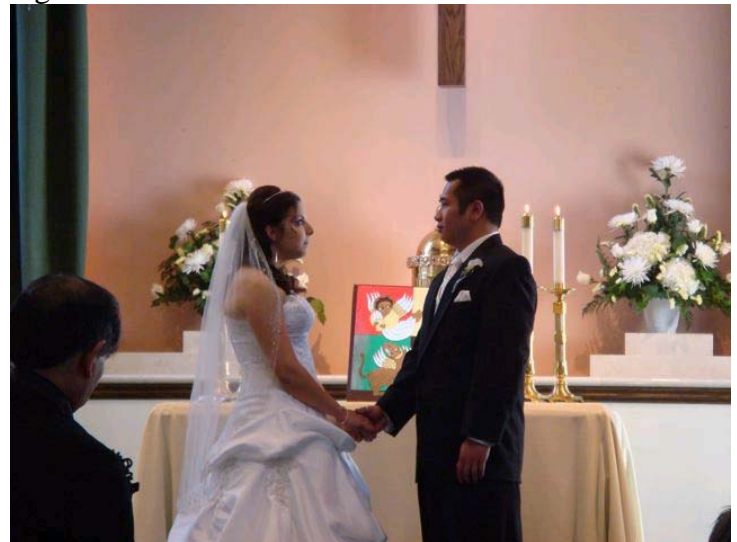
Under a new rule by *Little League International* put into effect at the beginning of the 2007 season, over 7,000 of the participating leagues must limit their throwers to 85 pitches for players age 11-12 (see chart). For each age bracket there is a maximum amount of pitches with a minimum amount of days rest.

Cont'd on page 2 – Pitch Count

Wedding Bells Ring For M & M Staff Member

Congratulations Brant & Karen!

Brant Navoa, a physical therapist in our Columbus office, was married on Saturday, October 18, 2008 to Karen Hindak. The entire M & M staff attended the ceremony and reception. We hope everyone will join us in congratulating Brant and Karen, and wishing them many years of happiness as they start their new life together.



THE CONTEST CONTINUES – NAME THIS NEWSLETTER

Winning entry receives an M&M gift bag

Please email your suggestion by going to www.mmptnj.com

*Click on **Request info.**, and click on **Send us an email***

Pitch Count (cont.)

Tips for coaches and parents:

Know your child's league rules. *Not all other leagues (Babe Ruth, Pony, Dixie) and countless travel clubs share similar regulations.*

Limit the number of teams your child participates in. *Having him/her "rest" from one league's game and then pitch for another league without adequate time off can be as detrimental.*

Get involved in other sports/activities *to ensure full-body stability and work other muscle groups that are not primary in baseball.*

Do off-season training. *Shifting focus on cardiovascular work & light strength training will make your child a better overall athlete and "keep him/her motivated."*

Use video tape analysis. *Whether it is an invitational camp or just your hand-held camera in the backyard, filming and reviewing video can save hours (and wearing on arms) of inefficient practice. Proper mechanics is vital to velocity, command, and control.*

Know your child/player's mannerisms. *Has he/she been abnormally quiet during the game rather than their vocal self? It could be pain or fatigue that is not being reported. What type of teaching do they respond to best? Some require one-on-one instruction while others would rather be in small groups with their friends.*

Know when to seek medical attention. *A broken arm or sprained ankle are obvious trips to the doctor. But what about the recent lost of velocity or command on their pitch? The increased use of their non-dominant hand during everyday tasks? All can possibly be more than fatigue and you should consult your primary physician or healthcare professional.*

Steve's Sports Trivia Question of the Month

Who was the only Philadelphia Phillies player to play on both the 1980 and 1993 World Series teams????



<u>AGE</u>	<u>Pitches per Day</u>
17-18	105
13-16	95
11-12	85
10 & under	75

<u>Number of Pitches(ages 7-16)</u>	<u>Minimum Calendar Days Rest</u>
61 and greater	3
41-60	2
21-40	10
1-20	

SOURCE: Little League International
www.littleleague.org



DEE'S RECIPE CORNER

Pumpkin Roll (serves 12-15)

3 Eggs	1 cup sugar
2/3 cup pumpkin puree	1 tsp lemon juice
3/4 cup all purpose flour	2 tsp ground cinnamon
1tsp ground nutmeg	1 tsp ground ginger
1/2 tsp salt	1 tsp baking powder
1 1/2 cups confectioners' sugar	4 tbs butter softened
8 ounces cream cheese softened	1/2 tsp vanilla extract

Directions: Preheat oven to 350. Grease and flour jelly roll pan. Line the 15 x 18 inch pan with waxed paper and spray the wax paper with Pam.

Beat eggs for 2 1/2 min. Add sugar slowly while still beating. Beat for additional 3 minutes and fold in lemon juice and pumpkin puree.

Mix together the flour, cinnamon, nutmeg, ginger, salt and baking powder. Fold into wet batter. Spread batter onto wax paper and bake for 15 – 18 min. Remove and allow to cool enough to handle.

Dust a tea towel (**not terry cloth**) with confectioners' sugar and turn cake on to it. Dust top of cake with confectioners' sugar and roll cake within dish towel starting on the long side.

Prepare frosting, blend, the sugar, cream cheese, vanilla and butter.

When cake is cooled, unroll and spread with cream cheese filling. Roll up **again without the towel**. Wrap with plastic wrap and refrigerate. Slice and sprinkle with confectioners' sugar.