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STAY IN THE GAME

Newsletter for all our Form & Function Family

Pitch Count Isn't Enough: What Really Protects Young Athletes

If your child plays baseball, you've probably heard a lot about pitch counts. Things like stay under a certain number, limit innings, take a few days off. And to be clear, those guidelines do matter. They're a good starting point and absolutely better than nothing but they're not the full picture.

The reality is, we see young athletes dealing with shoulder and elbow pain all the time… even when they've followed pitch count rules perfectly. That's usually the frustrating part for parents. They did everything "right," yet something still doesn't feel right.

So what's missing?

Pitch count only measures how often your athlete is throwing. It doesn't account for how they're throwing or how much stress each throw is putting on their body.

OVERVIEW:

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

Same Number of Pitches, Very Different Stress

Two athletes can throw the exact same number of pitches in a game and walk away with completely different outcomes, and this is where the conversation really needs to shift. One athlete might be using their body efficiently by driving force from their legs, transferring it through a stable core, and allowing the arm to simply finish the motion. The other athlete might have tight hips, limited shoulder mobility, or poor trunk control, which means their arm has to do more of the work on every single throw. Over the course of 50 or 70 pitches, that difference becomes significant. It's not just about volume, it's about load per repetition. If each throw is slightly more stressful because the body isn't moving well, the total stress adds up quickly. That's why you'll see one athlete bounce back just fine after a weekend tournament while another starts to feel soreness, tightness, or fatigue that lingers into the next week.

Why the Arm Takes the Hit

Throwing a baseball is one of the most demanding movements in sports, and it's often misunderstood as just an arm action when it's really a full-body movement that relies on sequencing and timing. Power starts from the ground, moves through the legs, transfers through the hips and core, and is finally expressed through the arm. When that sequence is disrupted, even slightly, the body has to compensate. Most of the time, that compensation shows up in the shoulder or elbow because those are the final links in the chain. This is when we start to see the early signs that something isn't right: soreness that doesn't go away after a day or two, a drop in velocity, loss of control, tightness in the forearm or upper back, or mechanics that just look a little off compared to normal. These signs don't always mean there's a serious injury, but they do mean the body is under more stress than it can currently handle, and if nothing changes, that's when bigger issues can develop over time.

What Actually Keeps Athletes Healthy

If pitch count is just the baseline, then what really protects young baseball players is how well their body is prepared to handle the demands of the sport. Mobility plays a huge role because restrictions in the hips, thoracic spine, or shoulders force the body to find movement somewhere else, usually in places that aren't designed to handle that level of stress repeatedly. Strength and stability are just as important, but not in the way most people think. This isn't about heavy lifting or building bulk; it's about having control of the body, especially through the core and shoulder blade, so force can be transferred efficiently without breaking

Benefits of PEMF

There are both short term and long term benefits of PEMF therapy. Short form transformation benefits include:

- **Alleviation of pain and inflammation**
- **Enhanced range of motion**
- **Swift recovery of functional abilities**
- **Prevention of muscle atrophy post-surgery**
- **Strengthened ligaments**
- **Expedited healing of skin wounds and nerve regeneration**
- **Utilizing guided PEMF therapy can also have extended benefits that include:**
- **Boosted energy, circulation, and oxygenation of blood and tissue**
- **Improved sleep quality, blood pressure, and cholesterol levels**
- **Balanced immune system and accelerated cell regeneration**
- **Muscle relaxation**

As you can see, there are many benefits of utilizing PEMF therapy and the experts at Form & Function PT are happy to help you realize them through our guided PEMF therapy.

down. Movement quality is another key factor because small inefficiencies in mechanics might not cause pain immediately, but over time they increase wear and tear. And then there's recovery, which is often the missing piece. Between practices, games, private lessons, and tournaments, many young athletes are constantly in a cycle of stress without enough intentional recovery to balance it out. Without proper recovery strategies in place, the body doesn't have a chance to reset, and fatigue starts to compound, increasing the risk of injury even if pitch counts are being followed.

What Parents Should Watch For

One of the biggest challenges is that young athletes don't always communicate when something feels off. Sometimes they don't want to come out of the game, sometimes they think soreness is normal, and sometimes they just don't recognize the difference between fatigue and a potential issue. That's why it's so important for parents to pay attention to the small changes. You might notice your athlete rubbing their shoulder or elbow more often, shaking out their arm between throws, or taking a little longer to warm up. Their throwing motion might not look as smooth, or they may start avoiding certain types of throws without really explaining why. You might also hear more comments about tightness, heaviness, or fatigue that seems to stick around longer than usual. These are early warning signs, and while they don't necessarily mean something serious has happened, they do mean the body is being pushed in a way that isn't sustainable long term.

Keeping Them on the Field

At the end of the day, the goal isn't just to avoid injury, it's to keep your athlete feeling strong, confident, and able to perform at their best every time they step on the field. At Form and Function Physical Therapy, that's exactly what we work on with baseball players. We help them improve mobility where they need it, build strength and stability in the right areas, and clean up movement patterns so they're not putting unnecessary stress on their arm. It's not about overcomplicating things, it's about addressing the root causes and giving athletes the tools to stay healthy and perform consistently throughout the season and beyond. When everything is working the way it should, the game feels easier, the body feels better, and athletes can focus on playing instead of managing pain.

If you're experiencing any baseball-related pain, you should call us at 888-619-2885 to arrange an assessment with our team to fully diagnose your injury, and create a tailored recovery plan to avoid the pain getting worse, and to ensure you get back in the game quickly.

Product We Love

Joint NutraCare

Struggling with joint pain, stiffness, or swelling? Joint NutraCare helps support your body naturally, without harmful side effects, so you can move and feel better every day.

What Makes It Different?

This isn't just another supplement. Joint NutraCare is designed to support your body at the source, helping rebuild and protect your joints instead of just masking symptoms.

All-Natural. Real Results.

Our powerful blend of ingredients works together to:

- **Support joint comfort and mobility**
- **Reduce inflammation naturally**
- **Promote healthy skin and aging**
- **Support hormone balance**
- **Strengthen bones and boost antioxidants**

Move Better. Feel Better. Stay Active.

Promos of the Month

25% Off Joint NutraCare For First Time Buyers On the Website

The Power of Pause: How Rest Fuels Your Fitness Journey

By: Trevor Field

In fitness, the spotlight often shines brightly on rigorous workouts, cutting-edge training techniques, and the latest nutritional trends. However, one crucial element often gets overshadowed: rest and recovery. While pushing our limits is a vital part of any training regimen, understanding the significance of recovery can make the difference between progress and plateau, performance and injury.

The Science Behind Recovery

When we exercise, we put our bodies under stress. This stress causes micro-tears in muscle fibers, which is a natural part of building strength. However, it's during the recovery phase that our bodies repair these tears, building muscle and improving overall performance. This process involves:

Muscle Repair: Post-exercise, muscles need time to heal. Adequate rest allows for the replenishment of energy stores and the repair of damaged tissues.

Hormonal Balance: Intense training can disrupt hormonal balance. Recovery helps restore levels of hormones like cortisol and testosterone, which are crucial for muscle growth and overall health.

Nervous System Recovery: High-intensity workouts can lead to central nervous system fatigue. Rest allows the nervous system to recuperate, improving coordination and reaction times.

Mental Refresh: Training isn't just a physical endeavor; it's mental too. Taking time off helps reduce burnout and keeps motivation high.

Signs You Need More Rest

Recognizing when your body needs a break is essential. Here are some signs that you may need to prioritize recovery:

Persistent Fatigue: If you feel tired even after a good night's sleep, it may be time to rest.

Decreased Performance: Struggling to lift weights or complete workouts that you once found easy can indicate overtraining.

Increased Irritability: Mental fatigue can manifest as mood swings or irritability, signaling a need for recovery.

Frequent Illness: A weakened immune system can lead to more colds or infections, suggesting you need more rest.

Strategies for Effective Recovery

To optimize your recovery, consider implementing these strategies:

Prioritize Sleep: Aim for 7-9 hours of quality sleep each night. Sleep is when your body does much of its repairing and rebuilding.

Active Recovery: Incorporate low-intensity activities, such as walking or yoga, to keep blood flowing without stressing your body.

Nutrition Matters: Fuel your body with a balanced diet rich in proteins, healthy fats, and carbohydrates to support recovery. Don't forget to hydrate!

Recipe We Love

Peanut Butter Blueberry Overnight Oats

Ingredients

- 1 cup old fashioned rolled oats
- 1 cup unsweetened vanilla almond milk
- 1/2 cup plain Greek yogurt
- 2 Tablespoons peanut butter
- 2 teaspoons maple syrup
- 1 teaspoon chia seeds
- 1/2 teaspoon vanilla
- Pinch of sea salt
- Toppings: blueberries, extra peanut butter and chopped peanuts

How to Prepare Overnight Oats

- **Add oats, almond milk, yogurt, peanut butter, maple syrup, chia seeds, vanilla, sea salt into a bowl. Stir well to combine, making sure peanut butter gets evenly dispersed. Divide oat mixture into two containers (I like using mason jars), seal with a lid and place in the fridge overnight.**
- **Take one container out of the fridge the next morning and stir the mixture.**
- **Top with a drizzle of peanut butter, blueberries and chopped peanuts.**
- **Overnight oats will keep for up to 5 days in the fridge in a sealed container.**

Nutrition

One cup of fresh blueberries is equal to a single serving. One cup of blueberries contains:

- **Calories: 354**
- **Total Fat: 16 g**
- **Cholesterol 8 mg**
- **Sodium: 259 mg**
- **Total Carbs: 39 g**
- **Dietary Fiber: 7 g**
- **Sugar 9 g**
- **Protein: 15 g**