



Softball Injury Prevention

The following are techniques/ tips on how to prevent softball-related injuries:

- Proper sliding techniques with feet-first sliding¹
- Wearing helmets with mounted face guards¹
- Proper warm-up: stretching, running and easy, gradual throwing¹
- Rotate playing other positions (especially pitchers)¹
- Pitchers¹:
 - Age-appropriate pitching
 - Adhere to pitch-count guidelines (see below)
 - Avoid pitching on multiple teams w/ overlapping seasons
 - Focus on flexibility rather than strengthening in-season
 - Don't pitch w/ shoulder or elbow pain or fatigue
 - See athletic trainer if either persists > 1 week
 - Don't pitch more than 2 consecutive days until age 13, then no more than 3 days in a row
- Don't play year-round¹
 - Good to play multiple sports year-round, though
- Emphasize control, accuracy and good mechanics¹
- Emphasize core and gluteal strength¹
- Maintaining proper hydration²
 - Not only right before a meet, you should always be hydrating
- Limit additional injuries² and see your athletic trainer when you think you may have an injury
 - Ice after practice for soreness

Maximum Pitch Counts

Age	Pitches/Game	Pitches/Day Day 1 & 2	Pitches/Day Day 3
8-10	50	80	0
10-12	65	95	0
13-14	80	115	80
15-Over	100	140	100

References:

1. University of Florida Softball Injury Prevention Program.
2. Hergenroeder, AC. Prevention of Sports Injuries. *J Ped.* 1998; 101(6): 1057-1063.