Pitching Recommendations: Pediatric Shoulder and Elbow Injury Prevention Strategies:

Recommended limits for young pitchers are as follows:

**Recommended limits for 9-10 year old pitchers:**

* 50 pitches per game
* 75 pitches per week
* 1000 pitches per season
* 2000 pitches per year

**Recommended limits for 11-12 year old pitchers:**

* 75 pitches per game
* 100 pitches per week
* 1000 pitches per season
* 3000 pitches per year

**Recommended limits for 13-14 year old pitchers:**

* 75 pitches per game
* 125 pitches per week
* 1000 pitches per season
* 3000 pitches per year

Now these recommendations will not eliminate all overuse injuries, but they will dramatically decrease the risk.