

WHY DOES MY SHOULDER HURT WHEN I THROW?

By Dr. Boyd Williams
Certified Chiropractic Sports Physician

The act of throwing a ball involves many intricate mechanisms. On the surface it might seem that throwing is an act of the upper body only, but as a throwing motion is analyzed, the importance of the upper and lower body being in sync becomes apparent.

There are many factors which can adversely affect a smooth throwing motion and ultimately lead to injury and pain. Probably the most common cause of early season shoulder pain is fatigue, or just not being in shape. How many of us follow a directed program of conditioning before we jump in spring leagues or that weekend tournament?

Muscle imbalance is another common cause of injury. With throwing it is not unusual to build and strengthen the frontal or anterior chest and shoulder muscles without paying any attention to strengthening the back or shoulder stabilizing muscles. This muscle imbalance increases the chance of muscle strain.

Other factors which lead to shoulder problems are: improper injury rehabilitation, training errors, flawed technique and the possibility of overuse, which is better termed “under rest”.

Prevention of throwing injuries and shoulder pain requires an understanding of proper training, conditioning, technique and recognition of pain caused by early stresses rather than just “playing through the pain”. The smart athlete should seek advice which will provide direction in preventing injuries and appropriate care and management of those which have already occurred.

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