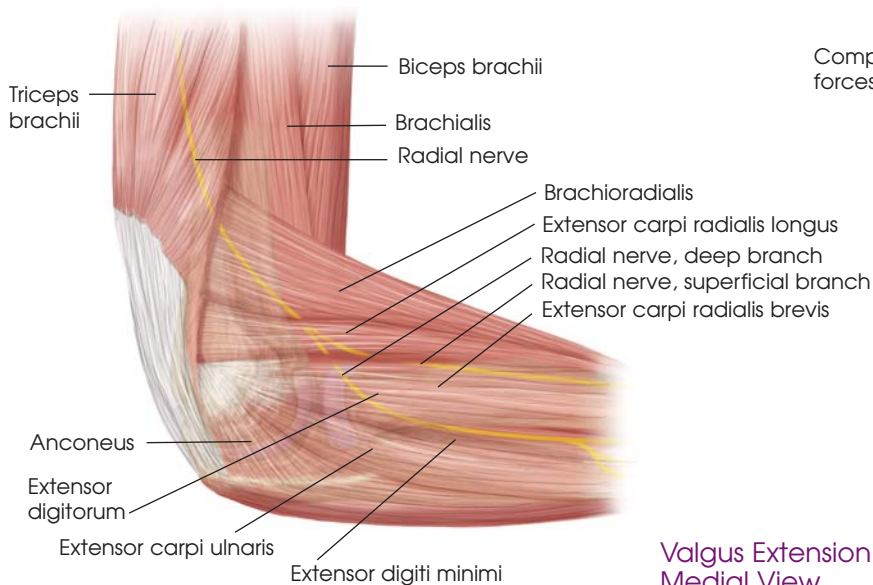
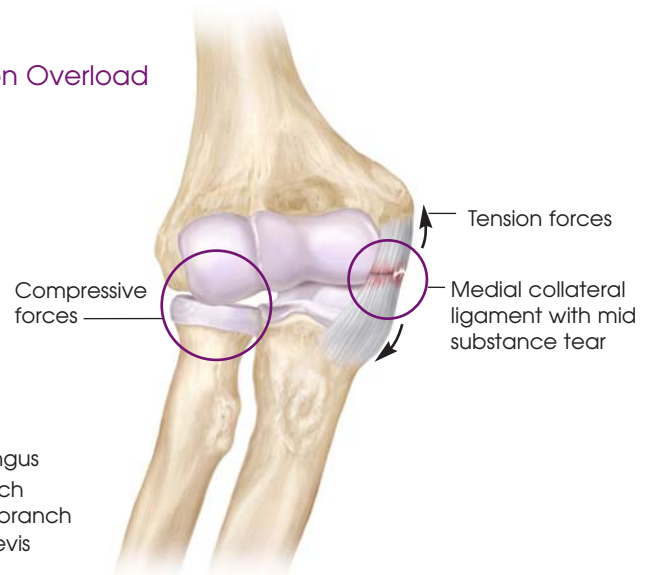


# Overuse Injuries of the Elbow: Valgus Extension Overload and Medial Collateral Ligament Injury

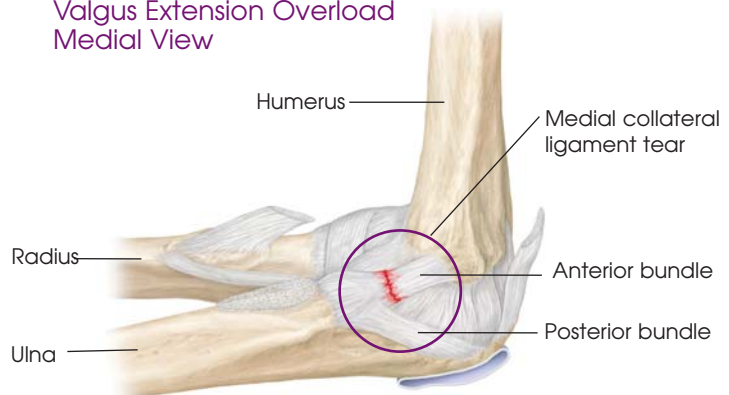
Normal Elbow Anatomy,  
Lateral View



Valgus Extension Overload  
Anterior View



Valgus Extension Overload  
Medial View



**Medial Collateral Ligament Injury**, or “Little Leaguer’s Elbow” is common in young, growing patients and is caused by repeated stress to the growth plates in the elbow. This injury is associated with repetitive throwing activities such as pitching a ball and can lead to ligaments strains, bony loose bodies, and internal impingement (pinching) in the elbow. Symptoms can include pain on the inside (medial) of the elbow, instability and inflammation. Throwing leads to tension on the medial elbow and compression of the lateral elbow. This is also called valgus extension overload.

## Common Treatment Options

- Rest the elbow.
- Ice for 20 minutes every 3-4 hours for the first 3-4 days.
- Modify activities to reduced the number and intensity of throwing forces.
- Pitch counts (monitoring the number of pitches thrown in a game) are commonly used to prevent overuse injuries.
- Work on improving core strength and balance to prevent injuries.
- For complete MCL ruptures in throwers, surgical reconstruction may be needed to return to throwing.

