

Mayo Clinic Minute: Avoiding overhead sports injuries

Video	Audio
	Sports with an overhead arm motion, such as baseball, tennis, volleyball and even swimming, can contribute to a common group of injuries in the shoulder and elbow — all of which are on the rise.
Kelechi Okoroha, M.D. Orthopedic Surgery Mayo Clinic	“On the shoulder, you can have labral tears, slap tears. In the elbow, you can have injuries of the elbow ligaments, such as the MUCL.”
	Mayo Clinic Orthopedic Surgeon Dr. Kelechi Okoroha says improper technique when doing overhead and throwing sports is a main contributing factor in these types of injuries.
	"If you're throwing improperly, you're using the wrong mechanics, you're throwing with poor form that can lead to injury, or an acute trauma. So if you get hit or your shoulder dislocates, that can also lead to injury."
	To avoid getting sidelined for weeks if not months from an overhead sports injury, athletes should focus on good mechanics and avoid fatigue.
	"When you're exhausted and you're tired, you make mistakes. You have poor form."
	Athletes should not "power through" shoulder or elbow pain.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.