

# Medial Epicondyle Apophysitis in Children

Little leaguer's elbow is a type of pain located on the side of the elbow that is closest to the body. The joint is composed of the humerus and the ulna. The epicondyles are the bony bumps at the end part of the humerus. The bump that is closest to the body is the medial epicondyle. The muscles responsible for bending the wrist are attached to the medial epicondyle, while the muscles that straighten the wrist are attached to the lateral epicondyle. If you bend the wrist too much, it will irritate the muscles attached to the medial epicondyle.

In children, the bones grow out of growth plates. Growth plates are located at the medial apophysis and the medial epicondyle. In this condition, the growth plate becomes inflamed or irritated.

## Medial Epicondyle Apophysitis in Children Anatomy

Three bones joint together to complete the elbow joint. The bone in the upper part of the arm is referred to as the humerus. Two bones from the forearm come together to make up the lower elbow part of the arm. All of the bones have a distinct shape. Ligaments that are connected to the bones work to keep everything in proper alignment.

The elbow is a ball-and-socket joint and hinge joint and a hinge joint. As the muscles relax and contract, two distinct motions occur in the elbow. Bending happens through the hinge joint that lets the elbow straighten and bend, which is known as extension and flexion. Rotation happens from the ball-and-socket joint allowing the hand to rotate the palm down and up, which is known as supination and pronation.

### Little Leaguer's Elbow (Medial Apophysitis)



## How to Treat Medial Epicondyle Apophysitis in Children:

### 1. Ice

Place ice on the affected area for 5-10 minutes at a time three to five times per day. Wrap the ice in a thin cloth to prevent an ice burn.

### 2. Elbow Wrap

Using an elbow wrap, you can make sure the area has the amount of support it needs to heal properly.

### 3. Therapy

A therapist will be able to advise you on exercises that are specific for this condition, as well as do treatment on the area including improving joint mobility, reducing muscle tension and reducing inflammation.

### 4. Adequate Coaching

Speak to your child's coach, and discuss if there is any technique issue, or discuss if your child might be over-training and whether a rest period might help to heal the problem.

### 5. Surgery

If the bone is broken, surgery might be the only option to correct the break and allow the area to properly heal.

## Tips:

- The best thing you can do to prevent the injury is to limit the amount of throwing the child does on a regular basis.
- Since the problem tends to occur most often in pitchers, guidelines should be followed for the amount of innings or pitches the child should throw in any given week.
- Children between nine and 12 shouldn't pitch more than six innings per week, for a total of 250 pitches.
- Children 13-15 shouldn't pitch for more than nine innings, or a total of 350 pitches.
- Beyond limiting the amount of pitching for children, it is important that they know how to pitch properly.
- If the child feels pain, they should stop throwing immediately.