

Appendix

Little League Pitching Study Questionnaire

Date of Birth: _____

1. Which hand do you throw with? (circle one): Left hand Right hand Both

2. What primary position do you play? _____

3. What secondary position do you play? _____

4. How many years have you been playing organized baseball? _____

5. How many months a year do you play? _____

6. Do you participate in any other leagues (travel ball, etc.)? _____

7. Do you train with a private coach? Yes No

8. Have you ever had a baseball-related elbow or shoulder pain or injury (if yes, please specify): _____

9. Did you see a doctor regarding the above issue? _____

10. Were you given a diagnosis (please specify)? _____

11. What treatment did you receive? _____

12. Do you play any other throwing sports (if yes, please specify)? _____

13. If yes, how many months a year? _____

14. Do you know the Little League throwing guidelines? _____

15. Have you ever gone over the prescribed limits (for example, too many pitches thrown in one week)? _____

16. If you do participate in another league like travel ball, does your Little League coach take this activity into account when tracking your pitch count? _____

17. Please list any medical conditions you have:

18. Please list any past surgeries:

For the following questions, please circle one answer:

Does your arm hurt when you throw?
Never Rarely Sometimes Often Always

Does your arm hurt the day after you throw?
Never Rarely Sometimes Often Always

Does your arm ever get tired during a game or practice?
Never Rarely Sometimes Often Always

Has arm pain forced you to change your throwing motion?
Never Rarely Sometimes Often Always

Does arm pain limit what positions you can play?
Never Rarely Sometimes Often Always

Does arm pain limit how hard you can throw?
Never Rarely Sometimes Often Always

Does arm pain limit the number of innings you can play?
 Never Rarely Sometimes Often Always

Are your throws inaccurate?
 Never Rarely Sometimes Often Always

Does arm pain prevent you from playing on multiple leagues or teams?
 Never Rarely Sometimes Often Always

Do your coaches or parents ever get frustrated with how you play?
 Never Rarely Sometimes Often Always

Does arm pain cause you to have less fun while playing?
 Never Rarely Sometimes Often Always

Does arm pain hold you back from being a better player?
 Never Rarely Sometimes Often Always

Does fear of arm pain prevent you from playing on multiple leagues or teams?
 Never Rarely Sometimes Often Always

Have you ever been encouraged to keep playing in a practice or game even though you were having arm pain?
 Never Rarely Sometimes Often Always

The following questions are for pitchers only:

How old were you when you first started organized pitching? _____

How old were you when you first started throwing curveballs? _____

How old were you when you first started throwing sliders or sinkers? _____

How many innings do you pitch per week? _____

How many months a year do you participate in organized pitching? _____

If known, what is your current fastball speed (miles per hour)? _____

Have you pitched for travel baseball in the past 12 months? _____

Have you attended pitching camp in the past 12 months? _____

Have you thrown change-ups in the past 12 months? _____

Have you thrown curveballs in the past 12 months? _____

Have you thrown sliders and/or sinkers in the past 12 months? _____

Have you had a pitching injury in the past 12 months? Yes No

Do you experience arm tiredness when pitching? Often Sometimes Never

Do you experience arm pain when pitching? Often Sometimes Never

Have you received any of the following treatments for arm problems related to pitching?
 Rest Physical therapy Medications Surgery

Are you pitching in competitive baseball for more than 8 months a year? Yes No

Do you have a period of no competitive baseball pitching for at least 4 months per year? Yes No

Do you pitch in a league without pitch counts or limits? Yes No

Do you follow limits for pitch counts and rest days?	Yes	No
Do you ever pitch back-to-back days?	Yes	No
Do you pitch multiple games per day?	Yes	No
Do you pitch for multiple teams within the same season?	Yes	No
Do you play the catcher position when not pitching?	Yes	No

Little League Pitching Study Physical Examination

Patient Name:	
	Right
	Left
Shoulders	
Internal rotation	
External rotation	
Hawkins test	
O'Brien test	
Supraspinatus	
Infraspinatus	
Subscapularis	
Teres minor	
Apprehension sign	
Relocation	
Sulcus sign	
Posterior load and shift test	
Any tenderness to palpation	
Elbows	
Flexion	
Extension	
Pronation	
Supination	
Ulnar nerve subluxation	
Tinel sign	
Varus stress	
Valgus stress	
Carrying angle	
Any tenderness to palpation	
Milking maneuver	