

DON'T LET INJURIES SIDELINE YOU THIS SEASON

# PLAY BALL

*"Play Ball does an exceptional job of providing the knowledge of our nation's top sports medicine specialists...that makes it easy to follow, understand, and absorb."*

—Joe Girardi

**DR. CHRISTOPHER AHMAD  
JOHN GALLUCCI JR., MS, ATC, PT, DPT**

Dr. Christopher Ahmad and

## Play Ball: Don't Let Injuries Sideline You This Season



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Accidental injuries in baseball players of all age range are Written in layman'but you don' The statistics for baseball accidental injuries are grim: 30% of kids age range 9 to 19 who play baseball encounter shoulder pain 50% of most youth pitchers reported elbow or shoulder pain 100% upsurge in pitching-related accidents from Little League to high school 700% upsurge in high schoolers undergoing UCL reconstruction procedure since 2000 Through years of working hand-in-hands, Dr. Right now there' Don'taking place in youth baseball, but it'designed for parents, coaches, and athletes to make the top decisions possible.and treated.t need to be section of that statistic. Christopher Ahmad and John Gallucci Jr., DPT have seen this latest influx in baseball accidents that require surgery accompanied by extensive post-operative physical therapy. Play Ball is their guidebook After viewing their number of surgical cases boost each year, Ahmad and Gallucci teamed up with a objective to create a true resource for instructors, parents, and sports athletes to use to learn more about how to avoid injuries and also educate themselves on the recovery process if an injury is usually sustained.s one that can be both prevented—increasing according to recent sports medicine research—s terms, Play Ball is an easy, conversational go through that will reply to your most pressing worries.s a slow-motion epidemic of arm accidents t let an injury sideline you or any ball participant in your loved ones.



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