



## Common Sense in Medicine

**This information is based on patient interaction of over twenty-five years in the Dallas office of Dr. David Hubler M.D. Board Certified Orthopedic Surgeon**

### Summertime Sports

Baseball and softball are two great summertime sports. They can be played by a variety of ages usually starting with T-ball and progressing through coach pitch, kid pitch, little league, school sports, semi-pro, pro, fast pitch and slow pitch softball.

There are some injuries with these sports. I will discuss a few. First getting hit with a ball is very painful. Protective gear is helpful, but it still happens. Ice packs help minimize the swelling but work best when applied immediately. So always have one available with your cold drinks in an ice chest.

Ankle sprains are frequent, especially twisting on bases and stepping in holes in the outfield. Again ice and elevation are needed. Strains in knees happen running the bases or chasing balls. Knee braces usually don't prevent these, but exercises help.

In the forty year old players, Achilles tendon ruptures can happen running bases. They need a cast or surgery to heal properly. Shoulder muscle tears and

hamstring tears happen in this age group also. Those and elbow injuries are best prevented by a good slow warm up and proper stretching before starting to play. Too many weekend athletes don't take the time to do this and they need it the most.

Fractures usually occur with the collision of players or sliding into base. They of course need immediate elevation, ice and support.

I always try to treat my patients in a way that they can return to their sport as quickly as possible, sometimes while they are still in a cast. The beneficial aspects of sports are so great that they are worth the risk of an injury.

Proper equipment, good warm-up, followed by good stretching, and remembering your limits are the essentials for safe baseball and softball.

**Baseball and Softball  
By David Hubler MD**

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