



**About Medial Apophysitis**

This condition, also known as Little League elbow, is an injury to the medial epicondyle growth plate. It causes pain in the elbow, and may cause swelling. This condition is most common in young baseball pitchers.

**Causes**

Medial apophysitis is caused by repetitive motions, such as throwing a baseball, that place severe stress on the elbow ligaments. Over time, this stress can cause the medial ulnar collateral ligament to wear down or pull away from the bone, and can damage a young person's growing bone.

**Symptoms**

Symptoms can include pain and swelling in the inner side of the elbow when throwing, gripping or carrying heavy objects.

**Treatment**

Treatment options can include rest, cold compresses, pain relievers, anti-inflammatory medications, use of a brace to support the elbow, and physical therapy. Severe cases may require surgery.

**COMMON CAUSE**



**Throwing**

