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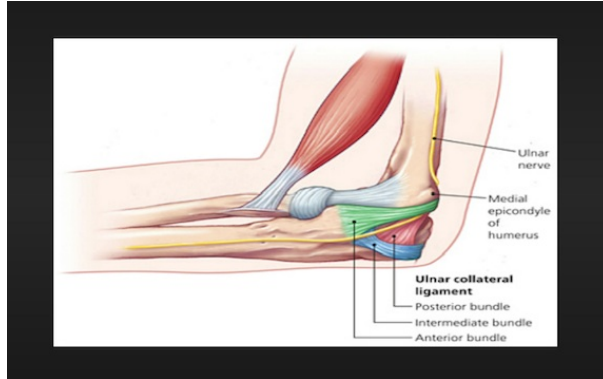
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THE HEALTHY HANDS CENTER

WHO'S TOMMY JOHN? HOW CAN HE HELP YOU?

With the World Series just around the corner, even those of you with just a passing interest in baseball might be paying attention. And even with just a passing interest, no doubt you will hear more than you want to about pitchers and their elbows and so-called Tommy John surgery.



So, who the heck is Tommy John?

He was a left handed pitcher for the Los Angeles Dodgers who injured one of the supporting ligaments of his elbow, the ulnar collateral ligament. In 1974, Dr. Frank Jobe, who died just last year, replaced the ligament with a tendon from his opposite forearm. IT WORKED. And since then, many pitchers who repetitively strain their pitching elbows have ended up with the same surgery.

How can this help you?

The reason pitchers end up needing surgery is because they place repeated and forceful stress on the inner (ulnar) aspect of the elbow.

In your life, in your work, in your sports activities, in your hobbies... you may be doing the same thing. This is a *Repetitive Stress Injury*.

When you fall or twist an arm or leg, the injury and cause of injury is pretty obvious. Less obvious is the Repetitive Stress Injury that happens little by little over time. These are typically injuries to tendons and/or ligaments and can creep up on you.

The key to treating them is not getting them i.e PREVENTION.

The key to prevention is AWARENESS.

Just as pitchers now have very tightly controlled pitch counts, meaning they are

not allowed to overpitch, you need to be honest with yourself when you start doing too much. Of course, as with pitching, proper technique is important as well.

So...enjoy the World Series...be aware of Repetitive Stress (RSI)
and... GO METS!

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