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Illinois Practice Edge, July 11, 2024

LITTLE LEAGUE ELBOW

1. When was the term Little League Elbow coined?

- A. 1950
- B. 1960
- C. 1970
- D. 1980

2. Which of the following growth plates fuse between the ages of 10 and 18?

- A. Trochlea
- B. Radial head
- C. Olecranon
- D. Medial epicondyle

3. What percent of youth baseball players have medial elbow pain?

- A. 10 – 38
- B. 15 – 48
- C. 20 – 58
- D. 25 – 68

4. Which of the following suggest significant damage to the medial epicondyle?

- A. Point tenderness
- B. Local swelling
- C. Elbow stiffness
- D. Flexion contracture

5. What percent of throwers will demonstrate some degree of medial epicondyle fragmentation on plain films?

- A. 5
- B. 10
- C. 15
- D. 20

6. How long should throwing be restricted for Little League Elbow patients, in weeks?

- A. 2 – 3
- B. 4 – 6
- C. 6 – 8
- D. 8 – 10

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I attest that I have read the articles and answered the test questions for this issue 06/27/2024.

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