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題目 (Title):

針對少棒到高中的棒球選手的距離導向投擲計畫

Distance-Based Throwing Programs for Baseball Players From Little League to High School.

摘要中文翻譯

據估計，在80個國家中有240萬名兒童玩棒球，大部分兒童有投擲時疼痛的經驗。對於棒球選手，上肢受傷後成功復健的一個關鍵要素是間歇式投擲計畫，可以讓年輕運動員在漸進且有控制的情況下增加投擲的要求。已經有許多針對高中或更高年齡的棒球選手所設計的間歇式投擲計畫，但只有少數針對骨骼發育尚未成熟的棒球選手。我們的間歇式投擲計畫考量了不同的球場尺寸、受傷型態以及對青年的姿勢要求。我們的目標是要為復健專家與選手建立準則，以讓選手盡快且安全的恢復投擲。

Original Abstract

An estimated 2.4 million children play baseball in 80 countries. The majority of these children have experienced pain with throwing. A key component to a successful rehabilitation after an upper extremity injury for a baseball player is an interval throwing program, which allows a youth athlete to increase the demands of throwing in a progressive and controlled manner. Numerous interval throwing programs are designed for baseball players of high school age and older, but few exist for the baseball player who is skeletally immature. Our interval throwing programs take into consideration various field dimensions, injury types, and position requirements for youth. Our goal is to create a guide for rehabilitation specialists and players to return to throwing as quickly and safely as possible.

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