**Special Considerations of the Throwing Athlete**

- Chronically remodeled capsule yields plastic deformation
- Distinctly different MRI appearance from non-throwing athlete who sustains anterior translational episode
- Capsular stretch, partial rotator cuff tears, cartilage wear
- Glenoid adaptation is dependent on the position, duration and altered GH mechanics
24 year-old professional athlete with fall in abduction: pre-arthrogram.

Post-arthrogram

Lateral avulsion of posterior capsule in a 16 year-old.
12 year-old pitcher with acute pop and pain

Superior labral tears: features of chronicity

21 year-old pitcher with acute injury
21 year-old pitcher with acute injury

Rotator cuff overload in the skeletally immature athlete

16 year-old
14 year-old

9 year-old pitcher with pain and weakness
11 year-old pitcher with internal impingement

13 year-old with chronic Little League shoulder and features of internal impingement

17 year-old pitcher with internal impingement
30 year-old pitcher with internal impingement

Glenoid dysplasia and posterior instability

27 year-old pro baseball player: F/U post stabilization 7/21/12 with re-injury
27 year-old pro baseball player: F/U post stabilization 7/21/12 with re-injury note the progressive cartilage loss.

16 year-old baseball player with rotator cuff tendinosis, labral fraying and OCD glenoid: which is clinically most relevant?
22 year-old professional BB player with periscapular pain

**Shoulder MRI with ZTE: Bone analysis**

Breighner et al. Radiology 2018;286:960-966

- ZTE MRI samples signal from short T2 species (like cortical bone)
- Amenable to 3D modeling

- Shoulder – quantitative 34 shoulders
  - Measured glenoid vault depth, Bankart and Hill-Sachs lesions
  - ICC (0.75 – 1.00) indicated strong inter-observer agreement
  - Bland-Altman analysis indicated little intermodal (ZTE vs CT) bias (<1mm)

**Imaging the Throwing Athlete**

- Chronic repetitive microtrauma and excessive load leads to plastic deformation of collagen in tendons, capsule and ligaments
- NOT just “dye leak” or black and white but degree of remodeling (shades of gray)
- Acute on chronic injury: understanding the baseline pathology that is adaptive to (over)use
- High resolution scanning: cartilage sensitive, water sensitive obviates intra-articular contrast; no gap between slices!; Elbow coronal ≤1.8mm
Medial Collateral Ligament

- Anterior bundle: composed of anterior and posterior bands
  - Anterior band is primary restraint to valgus load
    - Injury most significant at 60º/90º flexion
  - Anterior band is taut in elbow extension
  - Posterior band is secondary restraint
    - Injury most severe at 120º flexion

18 year-old woman with valgus injury during softball

MRI of the Throwing Elbow

- Valgus overload during acceleration stage of arm swing
- MCL tears: plastic deformation with superimposed partial thickness tears
  - Assess degree of remodeling
- Flexor pronator tendinosis and/or tear
- Valgus extension overload
  - Posteromedial impingement
- Cartilage status
  - Tissue, olecranon (high contact pressures)
  - RC joint (end stage)
- Ulnar neuropathy
Acute high grade partial tear MCL in a 20 year-old pitcher

19 year-old pitcher with acute on chronic PT MCL with old bony avulsion
17 year-old pitcher with 6 months of ulnar side pain with recent exacerbation

19 year-old with acute elbow pain; pitching since age 9
Acute on chronic MCL tear at humerus and posteromedial impingement

19 year-old with acute elbow pain; pitching since age 9
Ulnar neuritis in a pitcher

Professional pitcher two years following MCL reconstruction.
INTACT
13 year-old 2 years after MCLR with pain after pitching

15 year-old baseball player with posterior elbow pain
Follow up in 2014 with decreased stress reaction but persistent sclerosis.

2016: finally healing!
Upper extremity injuries in throwing athletes

- Use high resolution scanning (1.5T or 3T; slice ≤ 1.8mm)
- Fat suppression is your bone scan
- Filter the small stuff!
- Use sequences to accentuate gray scale in remodeled collagen of tendons and ligaments
- Cartilage-sensitive imaging always essential
- Understanding of altered biomechanics: glenoid adaptation is dependent on the type of sport, duration and altered GH mechanics
- Chronic plastic deformation is more common than acute tear

Thank you

HSS MRI Lab
Matthew F. Koff, PhD
Sarah Pownder, DVM
Ryan Bragg, PhD
Bin Lin, PhD
Em Argenti, BS
Alissa Byrne, MD
Darryl Sneag, MD
Mauro Miranda, BS