

Hip and Elbow Surgery in Major League Baseball Pitchers: Response

Authors' Response:

We appreciate Dr Byrd's interest and inquiry regarding our study. The 2015 report by Byrd and Jones¹ was a prospective study that evaluated 41 intercollegiate or Major League Baseball (MLB) players over 12 years, with the purpose of reporting the results of hip arthroscopy over time. The primary outcome measure was the modified Harris Hip Score (mHHS), which was assessed at a follow-up of 24 to 120 months. Compared with preoperative mHHS values, subjects' postoperative scores demonstrated a mean improvement of 13 points at final follow-up ($P < .001$). The authors also found that of the 8 MLB pitchers in the study, 6 (75%) underwent ulnar collateral ligament (UCL) surgery in that time.

This is important, as the results of our study support this previously identified notion that UCL and hip injuries, specifically femoroacetabular impingement, may have a connection in elite pitchers. In our report, MLB pitchers who underwent UCL surgery sustained hip injuries within 4 years of their surgery, at a rate of 11% as compared with matched controls at a rate of 4.1% ($P = .027$).² Interestingly, in the 6 MLB pitchers in the Byrd and Jones study¹ who underwent both hip arthroscopy and UCL reconstruction, hip surgery preceded UCL surgery in only 3 cases. In our study, hip injuries preceded UCL reconstruction at a rate of 11 to 6. Thus, our research stands to further

elucidate the acknowledged relationship between UCL and hip injuries; our data add evidence that hip pathology, which impairs range of motion within the kinetic chain of overhand throwing, may predispose to overcompensation at the elbow and ultimately to UCL damage.

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2. Kantrowitz DE, Trofa DP, Woode DR, Ahmad CS, Lynch TS. Athletic hip injuries in Major League Baseball pitchers associated with ulnar collateral ligament tears. *Orthop J Sports Med*. 2018;6(10):2325967118800704.