

## The Bennett Lesion

When getting a shoulder MRI in the absence of pain can be harmful

September 4, 2014

2 months ago I received a phone call from a nervous father whose son had a shoulder MRI despite having no arm pain "to make sure everything was OK".

Well, the report stated:

*"There is a chronic avulsion fracture...compatible with a Bennett Lesion."*

It was the word "fracture" that threw the father into a panic, causing him to believe something was wrong with his son's pitching shoulder.

**The good news?** There was nothing wrong with his son's pitching shoulder.

**Why?** Because the Bennett Lesion is a common change that happens in pitching shoulders.

[A 2004 study](#) showed that not only is The Bennett Lesion common in pitchers:

Our current study demonstrates that this lesion is a relatively common finding in major league pitchers. Although

For pitchers with no arm pain, there is no need to be concerned:

and-effect relationship.<sup>9</sup> This lesion may represent a common, asymptomatic finding in pitchers. The extreme stress

This is the danger of getting a shoulder MRI in the absence of pain in pitchers.  
**It causes unnecessary panic.**

Pitching for several years WILL cause changes in your shoulder, it's only natural.

**ONLY** get an MRI if you have pain!

## Have Questions About This Newsletter?

Contact ([PitchingDoc@msn.com](mailto:PitchingDoc@msn.com) / 631-352-7654) Dr. Arnold!