



Infielder's Instructions- Baseball

General Rules

- 1) Break a sweat
- 2) Shoulder Stretches
- 3) Throwing program
- 4) Rotator Cuff strengthening
- 5) Shoulder stretches
- 6) Ice for 20 min.

Warm-up

Begin at 20' and advance 20' at a time throwing 3-5 times at each distance at 50% effort until reaching the warmup distance for that workout.

Soreness Rules:

- If sore more than 1 hour after throwing, or the next day, take 1 day off and repeat the most recent throwing program workout.
- If sore during warmup but soreness is gone within the first 15 throws, repeat the previous workout. If shoulder becomes sore during this workout, stop and take 2 days off. Upon return to throwing, drop down one step.
- If sore during warmup and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down one step.
- If no soreness, advance one step every throwing day.

A. Baseline/ Preseason

- a. Begin with Step 1 and advance 1 step daily as soreness rules allow.

B. Non-throwing arm injury

- a. After medical clearance, begin with step 1 and advance 1 step daily as soreness rules allow.

C. Throwing arm- Bruise or bone involvement

- i. After medical clearance, begin with step 1 and advance 1 step every other day to step 6 as soreness rules allow.

D. Throwing arm- Tendon/ Ligament injury (Mild)

- i. After medical clearance, begin with step 1. Throw every other day but do not advance beyond step I for the first week.
- ii. After the first week, continue to throw every other day repeating each step through step 6 as soreness rules allow. On off days use active rest program below for workout.

E. Throwing arm- Tendon/Ligament injury (Moderate, severe, post op)

- i. After medical clearance, begin with step 1. Days 1-14, throw every 3-4 days. Do not advance beyond step 1.
- ii. For days 15-28, throw step 1 every 2-3 days but do not advance.
- iii. From day 29 on, throw every third day advancing program as soreness rules allow. On off days use active rest program below for workout.

Active rest program:

Warm up toss to 50'
5 throws each at 90, 120, and 150' at 50% effort
20 easy tosses to 150'



INFIELDER'S THROWING PROGRAM

GENERAL GUIDELINES

- complete a warm-up lap around the field before each step
- complete a 90' sprint before each set of throws within a step
- rest 12 seconds between throws and 8 minutes between sets
- all warm-up and long tosses should begin with a "crow-hop" and be thrown with limited arc

Step 1: Warm up toss to 60'
20 throws at 30' (50%)
Field Practice (50%):
5 throws at 30'
10 throws at 45'
10 throws at 60'
20 long tosses at 60'

Step 2: Warm up toss to 75'
20 throws at 45' (50%)
Field Practice (50%):
5 throws at 45'
10 throws at 60'
10 throws at 75'
20 tosses to 75'

Step 3: Warm up toss to 90'
10 throws at 45' (50%)
10 throws at 60' (50%)
Field Practice (75%):
5 throws at 45'
10 throws at 60'
10 throws at 90'
20 tosses to 90'

Step 4: Warm up toss to 120'
20 throws at 60' (50%)
Field Practice (75%):
5 throws at 60'
10 throws at 90'
10 throws at 120'
20 tosses to 120'

Step 5: Warm up toss to 150'
20 throws at 60' (75%)
Field Practice (75%)
5 throws at 90'
5 throws at 90' *
5 throws at 120'
5 throws at 150'
5 throws at 180'
20 tosses to 180'

Step 6: Simulated Game
Warm-up toss to 180'
20 throws at 60' (50%)
Field Practice (100%):
5 throws at 90'
5 throws at 90' *
5 throws at 120'
5 throws at 150'
5 throws at 180'
20 tosses to 180'

*Double Play

References

Axe M, Hurd W, Snyder-Mackler L. Data-based interval throwing programs for baseball players. *Sports Health*. 2009;1(2):145-153.

Axe MJ, Windley TC, Snyder-Mackler L. Data-based interval throwing programs for baseball position players from age 13 to college level. *J Sport Rehabil*. 2001;10:267-286. © 2001 Human Kinetics Publishers, Inc.

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