



Pitcher's Instructions- 13/14

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

To establish a base for training and conditioning, begin with step 3 and advance one step daily to step 14 following soreness rules.

B. Non-throwing arm injury

After medical clearance, begin step 3 and advance one step daily to step 16 following soreness rules.

C. Throwing arm- Bruise or bone involvement

After medical clearance, begin with step 1 and advance program as soreness rules allow throwing every other day.

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

- After medical clearance, begin with step 1 and advance program to step 3 throwing every other day as soreness rules allow.
- Throw every third day on steps 4-8 as soreness rules allow.
- Return to throwing every other day as soreness rules allow for steps 9-16.

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

- After medical clearance, begin throwing at step 1.
- For steps 1-3, advance no more than 1 step every 3 days with 2 days of rest following each workout.
- Steps 4-8 advance no more than 1 step every 3 days with 2 days rest following each workout.
- Advance steps 9-16 daily as soreness rules allow.



Phase I- Return to Throwing

All throws are at 50% effort

Step 1: WARM-UP TOSS TO 60'
15 THROWS AT 30' *
15 THROWS AT 30' *
15 THROWS AT 30'

Step 2: WARM-UP TOSS TO 75'
15 THROWS AT 30' *
15 THROWS AT 30' *
15 THROWS AT 30'

Step 3: WARM-UP TOSS TO 90'
15 THROWS AT 60' *
15 THROWS AT 60' *
15 THROWS AT 60'

Phase II- Return to pitching

Fastballs are from level ground following crow hop

Step 4: WARM-UP TOSS TO 105'
20 FASTBALLS (50%) *
16 FASTBALLS (50%) *
25 LONG TOSSES TO 105'

Step 5: WARM-UP TOSS TO 120'
20 FASTBALLS (50%) *
20 FASTBALLS (50%) *
20 FASTBALLS (50%) *
25 LONG TOSSES TO 120'

Step 6: WARM-UP TOSS TO 120'
16 FASTBALLS (50%) *
20 FASTBALLS (50%) *
20 FASTBALLS (50%) *
16 FASTBALLS (50%) *
25 LONG TOSSES TO 120'

Phase III- Intensified Pitching

Step 7: WARM-UP TOSS TO 120'
20 FASTBALLS (50%) *
20 FASTBALLS (75%) *
20 FASTBALLS (75%) *
20 FASTBALLS (50%) *
25 LONG TOSSES TO 160'

Step 8: WARM-UP TOSS TO 120'
20 FASTBALLS (75%) *
21 FASTBALLS (50%) *
20 FASTBALLS (75%) *
21 FASTBALLS (50%) *
25 LONG TOSSES TO 160'

Step 9: WARM-UP TOSS TO 120'
25 FASTBALLS (50%) *
24 FASTBALLS (75%) *
24 FASTBALLS (75%) *
25 FASTBALLS (50%) *
25 LONG TOSSES TO 160'

Step 10: WARM-UP TOSS TO 120'
25 FASTBALLS (75%) *
25 FASTBALLS (75%) *
25 FASTBALLS (75%) *
20 FASTBALLS (75%) *
25 LONG TOSSES TO 160'

Step 11: ACTIVE REST
WARM-UP TOSS TO 120'
20 THROWS AT 60' (75%)
15 THROWS AT 80' (75%)

Step 12: 20 THROWS AT 60' (75%)
15 THROWS AT 80' (75%)
20 LONG TOSSES TO 160'
WARM-UP TOSS TO 120'
20 FASTBALLS (100%) *
20 FASTBALLS (75%) *
6 OFF-SPEED PITCHES(75%)*
20 FASTBALLS (100%) *



Phase III Continued

Step 13: 20 FASTBALLS (75%) *

- 6 OFF-SPEED PITCHES (75%)*
- 25 LONG TOSSES TO 160'
- WARM-UP TOSS TO 120'
- 20 FASTBALLS (75%) *
- 4 THROWS TO 1ST (75%)
- 15 FASTBALLS (100%) *
- 10 OFF-SPEED PITCHES (100%) *
- 20 FASTBALLS (100%) *
- 5 OFF-SPEED PITCHES (75%) *
- 20 FASTBALLS (75%) *
- 4 THROWS TO 1ST (75%)
- 25 LONG TOSSES TO 160'

Step 14: WARM-UP TOSS 120'

- 20 FASTBALLS (100%) *
- THROWS TO 1ST (100%)
- 15 FASTBALLS (100%) *
- 10 OFF-SPEED PITCHES (100%) *
- 20 FASTBALLS (100%) *
- 5 OFF-SPEED PITCHES (100%) *
- 20 FASTBALLS (75%) *
- 5 THROWS TO 1ST (75%)
- 25 LONG TOSSES TO 160'

Step 15: BATTING PRACTICE

- 100-110 PITCHES
- 10 THROWS TO 1ST
- BUNTS AND COMEBACKS

Step 16: SIMULATED GAME

1. 10 MINUTES WARM-UP OF 50-80 PITCHES WITH GRADUALLY INCREASING VELOCITY
2. 5 INNINGS
3. 22-27 PITCHES PER INNING, INCLUDING 15-20 FASTBALLS
4. 6 MINUTES REST BETWEEN INNINGS

*Rest 6 minutes after these sets

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.