

Center for Athletic Medicine
Dr. Preston M. Wolin
Catcher's Instructions-Baseball

~Please call 773.248.4150 with any and all questions~

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 warm-up 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 warm-up but soreness is gone within the first 15 throws, repeat the previous workout.
- If the shoulder becomes sore during this workout, stop and take 2 days off. Upon return to throwing, drop down one step.
- If sore during warm-up 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 13 following soreness rules

B. Non-Throwing Arm Injury

- After medical clearance, begin step 1 and advance one step daily to step 13 following soreness rules.

C. Throwing Arm-Bruise or Bone Involvement

- After medical clearance, begin step 1 and advance one step daily to step 13 following soreness rules.

D. Throwing Arm-Tendon/ Ligament Injury (mild)

- After medical clearance, begin with step 1 and advance one step 5 throwing every other day as soreness rules allow.
- Throw every third day for steps 6-9 as soreness rules allow.
- Return to throwing every other day as soreness rules allow for steps 10-13.

E. Throwing Arm- Tendon/ Ligament Injury (moderate, severe, or post op)

- After medical clearance, begin throwing step 1.
- For steps 1-5, advance no more than 1 step every 3 days with one day of active rest* following each workout day.
- For steps 6-13, advance no more than 1 step every 3 days with 2 days of active rest* following each workout day.

* Active Rest Workout

- Warm Up to 60'
- Catch 5 pitches in squat but do not throw the ball to the pitcher.
- 25 Easy tosses 60-90'
- Run 90'sprint after every 5 tosses.

*****If a patient is not progressing, please call the office for recommendations*****

PHASE I:

- Complete a warm-up lap around the field before each step.
- All throws completed to tolerance, not to exceed 50% effort.
- Complete a 90' sprint before each set within each step.
- Rest 12 seconds between throws.
- Rest 8 minutes between sets.

Step 1:

Warm up 30'
10 throws to 30'
10 throws to 30'
10 throws to 30'
10 throws to 30'
15 lobs to 60'

Step 2:

Warm up to 60'
10 throws to pitcher
10 throws to pitcher
10 throws to pitcher
15 lobs to 60'

Step 3:

Warm up to 90'
10 throws to pitcher
10 throws to pitcher*
10 throws to pitcher
10 throws to pitcher*
15 lobs to 90'

Step 4:

Warm up to 90'
15 throws to pitcher
15 throws to pitcher*
15 throws to pitcher*
15 throws to pitcher*
15 lobs to 90'

Step 5:

Warm up to 90'
20 throws to pitcher*^
20 throws to pitcher*^
20 throws to pitcher*^
20 throws to pitcher*^
20 lobs to 90'

* All throws in these sets are made after squatting for 8 seconds to simulate receiving a pitch.

*^All throws in these sets are made with 50% effort.

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PHASE II:

- All steps should begin with phase one, step five.
- All throws in phase two are made after squatting for 8 seconds.

Step 6:

7 throws at 70' (50%)
20 lobs to 90'

Step 7:

7 throws at 80' (75%)
20 lobs to 120'

Step 8:

12 throws at 90' (50%)
20 lobs to 160'

Step 9:

7 throws at 90' (75%)**
5 throws at 100' (50%)
20 lobs to 160'

Step 10:

7 throws at 90' (75%)**
7 throws at 110' (50%)
20 lobs to 160'

Step 11:

7 throws at 90' (75%)**
10 throws at 115' (50%)
20 lobs to 160'

Step 12:

7 throws at 90' (100%)**
10 throws at 125' (75%)
20 lobs to 160'

Step 13:

7 throws at 90' (100%)**
10 throws at 130' (100%)^^
20 lobs to 160'

** Throws to first or third base after receiving a pitch

^^ 10 throws to second base after receiving a pitch

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