

Center for Athletic Medicine
Dr. Preston M. Wolin
Pitcher's Instructions-Adult

~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 4 and advance 1 step daily to step 14 following soreness rules
- B. Non-Throwing Arm Injury
- After medical clearance, begin step 4 and advance 1 step daily following soreness rules.
- C. Throwing Arm-Bruise or Bone Involvement
- After medical clearance, begin step 1 and advance program as soreness rules allow throwing every other day.

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

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

- After medical clearance, begin with step 1 and advance to step 7 throwing every other day as soreness rules allow.
- Throw every third day for steps 8-12 as soreness rules allow.
- Return to throwing every other day as soreness rules allow for steps 13-21.

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

- After medical clearance, begin throwing step 1.
- For steps 1-7, advance no more than 1 step every 3 days with 2 days of active rest (warm up and long tosses) following each workout day.
- For steps 8-12, advance no more than 1 step every 3 days with 2 days of active rest (see step 14) following each workout day.
- For steps 13-16, advance no more than 1 step every other day with 1 day active rest (see step 14) between steps.
- Advance steps 17-21 daily as soreness rules allow.

Adult Baseball Pitcher's Interval Throwing Program

PHASE I- Return to throwing- throwing starts at 50% effort

STEP 1:

Warm-up toss to 60'
15 throws at 30'
15 throws at 30'
15 throws at 30'
20 long tosses to 60'

STEP 2:

Warm-up toss to 75'
15 throws at 45'
15 throws at 45'
15 throws at 45'
20 long tosses to 75'

STEP 3:

Warm-up toss to 90'
15 throws at 60'
15 throws at 60'
15 throws at 60'
20 long tosses to 90'

STEP 4:

Warm-up toss to 105'
15 throws at 75' *
15 throws at 75' *
15 throws at 75' *
20 long tosses to 105'

STEP 5:

Warm-up toss to 120'
20 throws at 90'*
20 throws at 90'*
20 long tosses to 120'

STEP 6:

Warm-up toss to 120'
20 throws at 105'*
20 throws at 105'*
15 throws at 105'*
20 long tosses to 120'

STEP 7:

Warm-up toss to 120'
20 throws at 120'*
20 throws at 120'*
20 throws at 120'*

* Rest 9 minutes after these sets

20 long tosses at 120'

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Phase II- Return to Pitching ^^ - Throws at effort level given

STEP 8:

15 throws at 60'6 (75%)*
20 throws at 60'6 (75%)*
20 throws at 60'6 (75%)*
15 throws at 60'6 (75%)*

STEP 9:

20 throws at 60'6 (75%)*
20 throws at 60'6 (75%)*
20 throws at 60'6 (75%)*
20 throws at 60'6 (75%)*

STEP 10:

20 fastballs (50%)*
20 fastballs (50%)*
20 fastballs (50%)*
20 fastballs (50%)*
25 throws at 60'6 (75%)*

STEP 11:

20 fastballs (50%)*
20 fastballs (75%)*
20 fastballs (50%)*
15 fastballs (75%)*
25 throws at 60'6 (75%)*

STEP 12:

25 fastballs (50%)*
20 fastballs (75%)*
20 fastballs (75%)*
20 fastballs (75%)*
20 fastballs (75%)*

* Rest 9 minutes after these sets

^^ Begin steps in this phase with warm-up toss to 120'.

All fastballs are from level ground after a crow hop.

Finish steps in this phase with 25 long tosses to 160'.

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Phase III #- Intensified Pitching

- STEP 13:
25 fastballs (75%)*
20 fastballs (100%)*
10 fastballs (75%)*
15 fastballs (100%)*
25 fastballs (75%)*
- STEP 14: (Active rest)
20 throws @ 80'*
20 throws @ 80'*
20 throws @ 80'*
20 throws @ 80'*
- STEP 15:
20 fastballs (75%)*
20 fastballs (100%)
5 off speed pitches*
15 fastballs (100%)
5 off speed pitches *
20 fastballs (100%)
5 off speed pitches *
(Reliever's and closing
pitchers can go to step 23
on the next throwing day
after completing this step.)
- STEP 16:
20 fastballs (100%)*
15 fastballs (100%)
5 off speed pitches
3 pickoff throws to 1st *
20 fastballs (100%)
5 off speed pitches *
20 fastballs (100%)
5 off speed pitches *
- STEP 17:
15 fastballs (100%)
5 off speed pitches *
15 fastballs (100%)
3 pickoff throws to 1st *
20 fastballs (100%)
5 off speed pitches *
15 fastballs (100%)
3 pickoff throws to 2nd *
15 fastballs (100%)
5 off speed pitches *
- STEP 18: (Active Rest)
Repeat step 14)
- STEP 19:
20 fastballs (100%)
5 off speed pitches *
20 fastballs (100%)
3 pickoff throws to 1st *
20 fastballs (100%)
3 pickoff throws to 2nd *
15 fastball (100%)
5 off speed pitches *
15 fastballs (100%)
5 off speed pitches *
- STEP 20: BATTING PRACTICE
110-120 pitches
field bunts and comebacks
- STEP 21: SIMULATED GAME

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Begin all steps in this phase with warm-up toss to 120' and finish steps in this phase with 25 long tosses to 160'

* Rest 9 minutes after these sets

SIMULATED GAME

1. 10 minute warm-up of 50-80 pitches with gradually increasing velocity
2. 5-8 innings for starters, 3-5 innings for relievers, 2-3 innings for closers.
3. 15-20 pitches per inning, including 10-15 fastballs
4. 9 minutes rest between innings.

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