



## Catcher's Instructions- Baseball

### General Rules

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|-----------------------|-------------------------------|
| 1) Break a sweat      | 4) Rotator Cuff strengthening |
| 2) Shoulder Stretches | 5) Shoulder stretches         |
| 3) Throwing program   | 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 13 following soreness rules.

#### B. Non-throwing arm injury

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

#### C. Throwing arm- bruise or bone involvement

- After medical clearance, begin with step 1 and advance one step every other day to step 13 following soreness rules.

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

- After medical clearance, begin with step 1 and advance program to 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 at 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 day of active rest\* following each workout day.

\*Active rest workout

Warm up to 60'

Catch 5 pitches in squat but do not throw ball to pitcher

25 easy tosses 60-90'

Run 90' sprint after every 5 tosses

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**This Clinical Guideline may need to be modified to meet the needs of a specific patient.  
The model should not replace clinical judgment.**

## CATCHER'S THROWING PROGRAM

### PHASE ONE

- 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

<p>Step 1: Warm up to 30' 10 throws to 30' 10 throws to 30' 10 throws to 30'</p> <p>Step 2: 10 throws to 30' 10 throws to 30' 15lobsto60" Warm up to 60' 10 throws to pitcher 10 throws to pitcher 0 throws to pitcher 15 lobs to 60'</p> <p>Step 3: Warm up to 90' 10 throws to pitcher 10throws to pitcher* 10throws to pitcher 10throws to pitcher* 15 lobs to 90'</p>	<p>Step 4: Warm up to 90' 15throws to pitcher 15throws to pitcher* 15throws to pitcher* 15throws to pitcher* 15 lobs to 90'</p> <p>Step 5: Warm up to 90' 20 throws to pitcher*A 20 throws to pitcherOA 20 throws to pitcher*A 20 throws to pitcher*A 20 lobs to 90'</p>
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\*all throws in these sets are made after squatting for 8 seconds to simulate receiving a pitch Aall throws in these sets are made at 50% effort

### PHASE TWO

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

<p>Step 6: 7 throws at 70' (50%) 20 lobs to 90'</p> <p>Step 7: 7 throws at 80' (75%) 20 lobs to 120'</p> <p>Step 8: 12 throws at 90' (50%) 20 lobs to 160'</p> <p>Step 9: 7 throws at 90' (75%)** 5 throws at 100' (50%) 20 lobs to 160'</p>	<p>Step 10: 7 throws at 90' (75%)** 7 throws at 110' (50%) 20 lobs to 160'</p> <p>Step 11: 7 throws at 90' (100%)* • 10throws at 115' (50%) 20 lobs to 160'</p> <p>Step 12: 7 throws at 90' (100%)** 10 throws at 125' (75%) 20 lobs to 160'</p> <p>Step 13: 7 throws at 90' (100%)** 10throws at 130' (100%) AA 20 lobs to 160'</p>
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\*\* Throws to first or third base after receiving a pitch

AA0 throw to second base after receiving a pitch

## Data for Catching Programs

College B115eball Data (38 Division I Top 25 games, 1997 UD Hens/opponents)

<u>Variable</u>	<u>Mean</u>	<u>Median</u>	<u>Range</u>	<u>StanDev</u>
Distance	97	90	80-150	20
Effort	90%			
Throws/Inn To Pitcher	10		7-14	2
: Throws/Game To Pitcher	89		47-117	19
Other throws	11.7	12	7-17	2
Squat/Inn	3.7		2:08-5:15	44 sec.
Squat/Game	29.43		14:53-44:28	6:47
Sprints/Game	5.13			

13 yo Baseball Data (50 Little League Games, 307 Total Innings)

<u>Variable</u>	<u>Mean</u>	<u>Range</u>
Distance	104.87'	50-140
Throws/Inn To pitcher	13.19	
Throws/Game To pitcher	81	
Effort	77.6%	75-80"/o
Throws/Inn To base	0.93	
Throws/Game To base	5.74	
Effort	96.4%	70-100%
Squat/Inn	2.66min.	
Squat/Game	16.32 min.	