



Pitcher's Instructions- Softball

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. -to establish a base for training and conditioning, begin with step 4 and advance one step daily to step 19 following soreness rules.

B. Non-throwing arm injury

- a. After medical clearance, begin step 4 and advance one step daily to step 21 following soreness rules.

C. Throwing arm- Bruise or bone involvement

- a. 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)

- a. After medical clearance, begin with step 1 and advance program to step 6 throwing every other day as soreness rules allow.
- b. -Throw every third day on steps 7-10 as soreness rules allow.
- c. Return to throwing every other day as soreness rules allow for steps 11-21.

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

- a. After medical clearance, begin throwing at step 1.
- b. -For steps 1-6, advance no more than 1 step every 3 days with 2 days of active rest (warmup and longtosses) following each workout.
- c. -Steps 7-10 advance no more than 1 step every 3 days with 2 days active rest (warmup and long tosses) following each workout.
- d. Advance steps 11-21 daily as soreness rules allow.

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

Softball Pitching Program

Phase I- Early Throwing

- all throws are to tolerance to a maximum of 50% effort

STEP 1	WARM-UP TOSS TO 30' 10 THROWS @ 30' REST 8 MIN. 10 THROWS@ 30' 10 LONG TOSSES TO 40'	STEP4	WARM-UP TOSS TO 75' 10 THROWS @75' REST 8 MIN. 10 THROWS@ 75' 10 LONG TOSSES TO 90'
STEP2	WARM-UP TOSS TO 45' 10 THROWS@ 45' REST 8 MIN. 10 THROWS@ 45' 10 LONG TOSSES TO 60'	STEP5	WARM-UP TOSS TO 90' 10 THROWS@ 90' RESTS MIN. 10 THROWS@ 90' 10 LONG TOSSES TO 105'
STEP3	WARM-UP TOSS TO 60' 10 THROWS@ 60' REST 8 MIN. 10 THROWS@ 60' 10 LONG TOSSES TO 75'	STEP6	WARM-UP THROWS TO 105' 10 THROWS@ 105' RESTS MIN. 10 THROWS@ 105' 10 LONG TOSSES TO 120'

Phase II- Initiation of Pitching

- all pitches are fast balls (no off-speed pitches)
- all pitches to tolerance or maximum effort level specified

STEP7	WARM-UP TOSS TO 120' 10 THROWS@ 60' (75%) 10 PITCHES @ 20' (50%) REST 8 MIN. 10 THROWS@ 60' (75%) 5 PITCHES @ 20' (50%) 10 LONG TOSSES TO 120'	STEP9	WARM-UP TOSS TO 120' 10 THROWS@ 60' (75%) 10 PITCHES@ 46' (50%) REST 8 MIN. 10 THROWS @ 60' (75%) 10 PITCHES@ 46' (50%) 15 LONG TOSSES TO 120'
STEP 8	WARM-UP TOSS TO 120' 10 THROWS@ 60' (75%) 10 PITCHES@ 35' (50%) RESTS MIN. 10 THROWS@ 60' (75%) 10 PITCHES@ 35' (50%) 10 LONG TOSSES TO 120'	STEP 10	WARM-UP TOSS TO 120' 10 THROWS@ 60' (75%) 10 PITCHES @ 46' (50%) REST 8 MIN. 10 PITCHES @ 46' (50%) REST 8 MIN. 10 THROWS @ 60' (75%) 10 PITCHES @46' (50%) 15 LONG TOSSES TO 120'

Phase III- Intensified Pitching

- "Pitch" sets should consist of 3 FASTBALLS for every 2 OFFSPEED pitches at the effort level specified
- begin each step with warm-up toss to 120'
- end each step with 20 long tosses to 120'

STEP 11	10 THROWS TO 1 ST (75%) 15 PITCHES (50%)* 15 PITCHES (50%)* 5 THROWS TO 1 ST (75%) 15 PITCHES (50%)*	STEP 17	5 THROWS TO 1 ST (100%) 15 PITCHES (100%)* 20 PITCHES (75%)* 15 PITCHES (100%)* 15 PITCHES (100%)* 20 PITCHES (75%)* 5 THROWS TO 1 ^{sr} (100%) 15 PITCHES (75%)*
STEP 12	10 THROWS TO 1 ST (75%) 15 PITCHES (50%)* 15 PITCHES (50%)* 15 PITCHES (50%)* 5 THROWS TO 1 ST (75%) 15 PITCHES (50%)*	STEP 18	5 THROWS TO 1 ST (100%) 20 PITCHES (100%)* 15 PITCHES (100%)* 20 PITCHES (100%)* 15 PITCHES (75%)* 20 PITCHES (100%)* 5 THROWS TO 1 ST (100%) 15 PITCHES (100%)*
STEP 13	10 THROWS TO 1 ST (75%) 15 PITCHES (50%)* 15 PITCHES (75%)* 15 PITCHES (75%)* 5 THROWS TO 1 ST (75%) 15 PITCHES (50%)*	STEP 19	5 THROWS TO 1 ST (100%) 20 PITCHES (100%)* 15 PITCHES (100%)* 20 PITCHES (100%)* 15 PITCHES (100%)* 20 PITCHES (100%)* 15 PITCHES (100%)* 5 THROWS TO 1 ST (100%) 15 PITCHES (100%)*
STEP 14	10 THROWS TO 1 ST (75%) 15 PITCHES (50%)* 15 PITCHES (75%)* 15 PITCHES (75%)* 20 PITCHES (50%)* 5 THROWS TO 1 ST (75%) 15 PITCHES (50%)*	STEP 20	BATTING PRACTICE 100-120 PITCHES 2 THROWS TO 1 ^{sr} /10 FASTBALL
STEP 15	10 THROWS TO 1 ST (100%) 15 PITCHES (75%)* 15 PITCHES (75%)* 15 PITCHES (75%)* 15 PITCHES (75%)* 5 THROWS TO 1 ^{sr} (75%) 15 PITCHES (75%)*	STEP 21	SIMULATED GAME 7 INNINGS 15-18 PITCHES/INNING 8 MIN. REST BETWEEN INNINGS 3 FASTBALL/2 OFFSPEED PITCHES
STEP 16	5 THROWS TO 1 ST (100%) 15 PITCHES (100%)* 20 PITCHES (75%)* 15 PITCHES (100%)* 20 PITCHES (75%)* 5 THROWS TO 1 ST (75%) 20 PITCHES (75%)*		

* rest 8 minutes after these sets

Data (from 36 games, 2785 pitches, 220 innings)

	Avg.	Range
Pitches/Game	77.36	33-141
Pitches/Inning	12.65	8-22

(No pick off attempts were recorded)