



## Catcher's Instructions- Baseball

### 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 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: Should only be used as instructed if the athlete has no soreness.

- Warm-up tosses to 60'
- Catch 5 pitches in squat, but do not throw ball to pitcher
- 15 long tosses at 60' and 10 long tosses at 90'
- Run 90' sprint after every 5 lob

All warm-up and long tosses should begin with a "crow-hop" and be thrown with a limited arc.

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## CATCHER'S THROWING PROGRAM

### PHASE ONE

- complete a warm-up lap around the field before each step

**Step 1** Warm-up to 45'  
10 throws to 30'  
10 throws to 30'  
10 throws to 30'  
10 throws to 30'  
15 long tosses to 45'

**Step 2** Warm-up to 60'  
10 throws to 45'  
10 throws to 45\*  
10 throws to 45'  
15 long tosses 60'

**Step 3** Warm-up to 75'  
10 throws to pitcher  
10 throws to pitcher\*  
10 throws to pitcher  
10 throws to pitcher\*  
15 long tosses to 75'

**Step 4** Warm-up to 90'  
15 throws to pitcher  
15 throws to pitcher\*  
15 throws to pitcher\*  
15 throws to pitcher\*  
15 long tosses to 90'

**Step 5** Warm-up to 90'  
20 throws to pitcher \*~  
20 long tosses to 90'

- \*Player should be in the squat stance to receive all throws from partner.  
~ All throws in these sets are made at 50% effort

### PHASE TWO

- all steps should begin with phase one, step five, completed as instructed above
- player should be in the squat stance to receive all throws from partner
- all long tosses should begin with a “crow-hop” and be thrown with minimum arc

**Step 6** 7 throws at 70' (50%)  
20 long tosses to 100'

**Step 7** 7 throws at 80' (75%)  
20 long tosses to 130'

**Step 8** 12 throws at 90' (50%)  
20 long tosses to 160'

**Step 9** 7 throws at 90' (75%)\*  
5 throws at 100' (50%)  
20 long tosses to 160'

**Step 10** 7 throws at 90' (75%)\*  
7 throws at 110' (50%)  
20 long tosses to 160'

**Step 11** 7 throws at 90' (100%)\*  
10 throws at 110' (50%)  
20 long tosses to 160'

**Step 12** 7 throws at 90' (100%)\*  
10 throws at 125' (75%)  
20 long tosses to 160'

**Step 13** 7 throws at 90' (100%)\*  
10 throws at 130' (100%)  
20 long tosses to 160'

- \*These throws should be made on the field to first or third base after receiving a pitch

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## 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.