



Pitcher's Instructions- Adult

General Rules

- 1) Break a sweat
- 2) Shoulder Stretches
- 3) Throwing program
- 4) Rotator Cuff strengthening
- 5) Shoulder stretches
- 6) Ice for 20 mins

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 4 and advance one step daily following soreness rules.
- B. Non-throwing arm injury
- After medical clearance, begin step 4 and advance one step daily following soreness rules.
- C. Throwing arm- Bruise or bone involvement
- 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)
- After medical clearance, begin with step 1 and advance program to step 7 throwing every other day as soreness rules allow.
 - Throw every third day on 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 at step 1.
 - For steps 1-7, advance no more than 1 step every 3 days with 2 days of rest following each workout.
 - Steps 8-12 advance no more than 1 step every 3 days with 2 days rest following each workout.
 - Steps 13-16 advance no more than 1 step every other day with 1 day rest between steps.
 - Advance steps 17-21 daily as soreness rules allow.



ADULT BASEBALL PITCHERS INTERVAL THROWING PROGRAM

Phase I- Return to Throwing

All throws are at 50% effort

Step 1: WARM-UP TOSS TO 60'
15 THROWS AT 30' *
15 THROWS AT 30' *
15 THROWS AT 30'

Step 2: WARM-UP TOSS TO 75'
15 THROWS AT 45' *
15 THROWS AT 45' *
15 THROWS AT 45'

Step 3: WARM-UP TOSS TO 90'
15 THROWS AT 60' *
15 THROWS AT 60' *
15 THROWS AT 60'

Step 4: WARM-UP TOSS TO 105'
15 THROWS AT 75' *
15 THROWS AT 75' *
15 THROWS AT 75' *

Step 5: WARM-UP TOSS TO 120'
15 THROWS AT 90' *
20 THROWS AT 90' *
15 THROWS AT 90' *

Step 6: WARM-UP TOSS TO 120'
20 THROWS AT 105' *
20 THROWS AT 105' *
15 THROWS AT 105' *

Step 7: WARM-UP TOSS TO 120'
20 THROWS AT 120' *
20 THROWS AT 120' *
20 THROWS AT 120' *
20 LONG TOSSES TO 120'

*Rest 9 minutes after these sets

Phase II- Return to pitching (#)

Throws at effort level given from flat ground

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%) *

(#) Phase II: 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'.



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 AT 80'
20 THROWS AT 80'
20 THROWS AT 80'
20 THROWS AT 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 *
FIELD BUNTS AND COMEBACKS

Step 16: 20 FASTBALLS (100%) *
15 FASTBALLS (100%)
5 OFF-SPEED PITCHES
5 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 FASTBALLS (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

- 10 MINUTES WARM-UP OF 50-80 PITCHES WITH GRADUALLY INCREASING VELOCITY
- 5-8 INNINGS FOR STARTERS, 3-5 INNINGS FOR RELIEVERS, 2-3 INNINGS FOR CLOSERS
- 15-20 PITCHES PER INNING, INCLUDING 10-15 FASTBALLS
- 9 MINUTES REST BETWEEN INNINGS

*Rest 9 minutes after these sets

+ Phase III: Begin all steps in this phase with warm-up toss to 120'. Finish steps in this phase with 25 long tosses to 160'.

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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.