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’ *

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

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

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

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

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

**Step 7: WARM-UP TOSS TO 120’**
- 20 THROWS AT 120’ *
- 20 THROWS AT 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 (75%)*
- 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'.
References
