



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 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 warm-up 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 warm-up 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 1 step.
- If sore during warm-up and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down 1 step.
- If no soreness, advance 1 step every throwing day.

A. Baseline/ Preseason

- To establish a base for training and conditioning, begin with step 4 and advance 1 step daily following soreness rules.

B. Non-throwing arm injury

- After medical clearance, begin step 4 and advance 1 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.

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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 active rest (warm-up and long tosses) following each workout.
- Steps 8-12 advance no more than 1 step every 3 days with 2 days of active rest (see step 14) following each workout.
- Steps 13-16 advance no more than 1 step every other day with 1 day active rest (see step 14) between steps.
- Advance steps 17-21 daily as soreness rules allow.

Adult Baseball Pitcher's Interval Throwing Program

Phase I- RETURN TO THROWING- THROWS AT 50% EFFORT

STEP 1	Warm-up toss to 60' 15 throws @ 30'* 15 throws @ 30'* 15 throws @ 30'* 20 long tosses to 60'	STEP 5	Warm-up toss to 120' 15 throws @ 90'* 20 throws @ 90'* 15 throws @ 90'* 20 long tosses to 120'
STEP 2	Warm-up toss to 75' 15 throws @ 45'* 15 throws @ 45'* 15 throws @ 45'* 20 long tosses to 75'	STEP 6	Warm-up toss to 120' 20 throws @ 105'* 20 throws @ 105'* 15 throws @ 105'* 20 long tosses to 120'
STEP 3	Warm-up toss to 90' 15 throws @ 60'* 15 throws @ 60'* 15 throws @ 60'* 20 long tosses to 90'	STEP 7	Warm-up toss to 120' 20 throws @ 120'* 20 throws @ 120'* 20 throws @ 120'* 20 long tosses @ 120'
STEP 4	Warm-up toss to 105' 15 throws @ 75'* 15 throws @ 75'* 15 throws @ 75'* 20 long tosses to 105'	* Rest 9 minutes after these sets	

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Phase II- RETURN TO PITCHING^^- THROWS AT EFFORT LEVEL GIVEN.

STEP 8 15 throws @ 60'6" (75%)*
 20 throws @ 60'6" (75%)*
 20 throws @ 60'6" (75%)*
 15 throws @ 60'6" (75%)*

STEP 9 20 throws @ 60'6" (75%)*
 20 throws @ 60'6" (75%)*
 20 throws @ 60'6" (75%)*
 20 throws @ 60'6" (75%)*

STEP 10 20 fastballs (50%)*
 20 fastballs (50%)*
 20 fastballs (50%)*
 20 fastballs (50%)*
 25 throws @ 60'6" (75%)*

STEP 11 20 fastballs (50%)*
 20 fastballs (75%)*
 20 fastballs (50%)*
 15 fastballs (75%)*
 25 throws @ 60'6" (75%)*

STEP 12 25 fastballs (50%)*
 20 fastballs (75%)*
 20 fastballs (75%)*
 20 fastballs (75%)*
 20 fastballs (75%)*

* Rest 9 minutes after these sets

^^ 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'

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Phase III#- INTENSIFIED PITCHING

STEP 13	25 fastballs (75%)* 20 fastballs (100%)* 10 fastballs (75%) 15 fastballs (100%)* 25 fastballs (75%)*	STEP 17	15 fastballs (100%) 5 off speed pitches * 15 fastballs (100%) 3 pickoff throws to 1 st * 20 fastballs (100%) 5 off speed pitches* 15 fastballs (100%) 3 pickoff throws to 2 nd * 15 fastballs (100%) 5 off speed pitches*
STEP 14	(Active Rest) 20 throws @ 80'* 20 throws @ 80'* 20 throws @ 80'* 20 throws @ 80'*	STEP 18	(Active Rest) Repeat step 14
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 & comebacks (<u>Reliever's and closing pitchers can go to step 23 on the next throwing day after completing this step.</u>)	STEP 19	20 fastballs (100%) 5 off speed pitches* 20 fastballs (100%) 3 pickoff throws to 1 st * 20 fastballs (100%) 3 pickoff throws to 2 nd * 15 fastball (100%) 5 off speed pitches* 15 fastballs (100%) 5 off speed pitches*
STEP 16	20 fastballs (100%)* 15 fastballs (100%) 5 off speed pitches 3 pickoff throws to 1 st * 20 fastballs (100%) 5 off speed pitches* 20 fastballs (100%) 5 off speed pitches*	STEP 20	Batting Practice 110-120 pitches field bunts & comebacks
		STEP 21	Simulated game

Begin all steps in this phase with warm-up toss to 120' and finish steps in this phase with 25 long tosses to 160'

* Rest 9 minutes after these sets

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Simulated Game

- 1) 10 minute warm-up of 50-80 pitches with gradually increasing velocity
- 2) 5-8 innings for starters, 3-5 innings for relievers, 2-3 innings for closers
- 3) 15-20 pitches per inning, including 10-15 fastballs
- 4) 9 minutes rest between innings