Infielder’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 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
- Begin with step 1 and advance 1 step daily as soreness rules allow.

B. Non-throwing arm injury
- After medical clearance, begin with step 1 and advance 1 step daily as soreness rules allow.

C. Throwing arm- Bruise or bone involvement
- After medical clearance, begin with step 1 and advance 1 step every other day to step 6 as soreness rules allow.

D. Throwing arm- Tendon/ Ligament injury (Mild)
- After medical clearance, begin with step 1. Throw every other day but do not advance beyond step 1 for the first week.
- After the first week, continue to throw every other day repeating each step through step 6 as soreness rules allow. On off days use active rest program below for workout.
Infielder’s Instructions - Baseball

E. Throwing arm - Tendon/ Ligament injury (Moderate, severe, post op)
   - After medical clearance, begin with step 1. Days 1-14, throw every 3-4 days.
     Do not advance beyond step 1.
   - For days, 15-28, throw step 1 every 2-3 days but do not advance.
   - From day 29 on, throw every third day advancing program as soreness rules allow. On off days use active rest program below for workout.

Active rest program
   Warm-up toss to 150’
   5 throws each @ 90, 120 and 150’ at 50% effort
   20 easy tosses to 150’

INFIELDER’S THROWING PROGRAM

General Guidelines
   - complete a warm-up lap around the field before each step
   - complete a 90’ sprint before each set of throws within a step
   - rest 12 seconds between throws
   - rest 8 minutes between sets
   - all throws with limited arc

Field Dimensions:
   90’ home to 1st
   90’ home to 3rd
   127’ home to 2nd
   156’ home to outfield grass

STEP 1
   Warm-up toss to 75’
   20 throws @ 45’ (50%)
   Field practice (50%)  
   5 throws @ 45’
   10 throws @ 60’
   10 throws @ 75’
   20 tosses to 75’

STEP 2
   Warm-up toss to 90’
   20 throws @ 45’ (50%)
   10 throws @ 60’ (50%)
   Field practice (75%)  
   5 throws @ 45’
   10 throws @ 60’
   10 throws @ 90’
   20 tosses to 90’

STEP 4
   Warm-up toss to 150’
   20 throws @ 60’ (75%)
   Field practice (75%)  
   5 throws @ 90’
   10 throws @ 90’ DP
   5 throws @ 120’
   5 throws @ 150’
   20 tosses to 150’

STEP 5
   Warm-up toss to 180’
   20 throws @ 60’ (50%)
   Field practice (100%)  
   5 throws @ 90’
   5 throws @ 90’ DP
   5 throws @ 120’
   5 throws @ 150’
   5 throws @ 180’
   20 tosses to 180’

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INFIELDER’S THROWING PROGRAM CONT.

STEP 3  Warm-up toss to 120’
20 throws @ 60’ (50%)
Field practice (75%)
   5 throws @ 60’
   10 throws @ 90’
   10 throws @ 120’
   20 tosses to 120’

STEP 6  Return to regular practice and games
20 throws @ 60’ (50%)
Field practice (75%)
   5 throws @ 60’
   10 throws @ 90’
   10 throws @ 120’
   20 tosses to 120’

Data for Infielder’s Throwing Program

Professional Baseball Data (1986 Houston Astros/ opponents)

<table>
<thead>
<tr>
<th>Position</th>
<th>Play/Game (Ranges)</th>
<th>Mean</th>
<th>Distance (Median)</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>First base</td>
<td>2.5 (1-8)</td>
<td>61.0’</td>
<td>65.0’</td>
<td>11-228’</td>
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<tr>
<td>Second base</td>
<td>2.8 (1-8)</td>
<td>72.1’</td>
<td>65.7’</td>
<td>18.5-208.3’</td>
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<tr>
<td>Third base</td>
<td>2.8 (1-9)</td>
<td>98.3’</td>
<td>114.6’</td>
<td>6.1-208.3’</td>
</tr>
<tr>
<td>Short stop</td>
<td>3.5 (3-8)</td>
<td>89.0’</td>
<td>101.2’</td>
<td>7.7-161.2’</td>
</tr>
<tr>
<td>Short stop*</td>
<td>12 (3-23)</td>
<td></td>
<td>100’</td>
<td>10-180’</td>
</tr>
</tbody>
</table>

(Effort: mean= 87%, range= 85-100%)

* College Baseball Data (38 Division 1/Top 25 games, UD Hens/opponents)
  - includes around the horn

13 yo Baseball Data (50 Little League Games, 307 innings)

<table>
<thead>
<tr>
<th>Position</th>
<th>Play/Game (Ranges)</th>
<th>Mean</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>First base</td>
<td>9.62 (2-11)</td>
<td>66.76’</td>
<td>15-130’</td>
</tr>
<tr>
<td>Second base</td>
<td>6.18 (1-9)</td>
<td>71.93’</td>
<td>10-140’</td>
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<tr>
<td>Third base</td>
<td>4.66 (1-7)</td>
<td>73.15’</td>
<td>20-140’</td>
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<tr>
<td>Short stop</td>
<td>7.84 (2-10)</td>
<td>74.67’</td>
<td>10-150’</td>
</tr>
</tbody>
</table>

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