Outfielder’s Instructions- Baseball

General Rules
1) Break a sweat  4) Rotator Cuff strengthening
2) Shoulder stretches  5) Shoulder stretches
3) Throwing program  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 1 and advance 1 step daily to step 7 following soreness rules.

B. Non-Throwing arm
- After medical clearance, begin with step 1 and advance 1 step daily following soreness rules.

C. Throwing arm- Bruise or bone involvement
- After medical clearance, begin with step 1 and throw every other day for the first week following soreness rules. Do not advance beyond step 2.
- Beginning the second week throw every other day advancing steps as soreness rules allow. On off days you may throw the warm-up and ending tosses of the previous day’s workout.

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Outfielder’s Instructions- Baseball cont.

D. Throwing arm- Tendon/ Ligament injury (Mild)
   - After medical clearance, begin with step 1. For the first week, throw every third day and do not progress beyond step 1.
   - Beginning on day 8, advance program as soreness rules allow with 1 day of active rest between each workout day (On active rest days you should throw the warm-up and the ending tosses of the previous day’s workout.)

E. Throwing arm- Tendon/ Ligament injury (Moderate, severe, post-op)
   - After medical clearance, begin with step 1. For the first two weeks (days 1-14) throw every 3-4 days and do not advance beyond step 1.
   - On days 15-28, begin throwing every 2-3 days but do not advance beyond step 1.
   - On days 29-42, use soreness rules to advance program throwing every third day. (On days between workouts, you should throw the warm-up and ending tosses of the previous day’s workout.)
Adult Outfielder Throwing Program

General guidelines
- complete a warm-up lap around the field before each step
- tosses are with limited arc

STEP 1  Warm-up toss to 100’
         Catch flys to throw to each cutoff (50% effort) X 3 reps
         1-2 minutes rest between catches
         15 tosses to 100’

STEP 2  Warm-up toss to 150’
         Catch flys and throw to each cutoff (50%) X 5 reps
         1-2 minutes rest between catches
         10 tosses each to 125’ and 150’

STEP 3  Warm-up toss to 200’
         Catch flys and throw to each cutoff (75%) X 5 reps
         Catch flys and throw to each base (75%) X 3 reps
         1-2 minutes rest between catches
         25 tosses to 175’

STEP 4  Warm-up toss to 250’
         Catch flys and throw to each base (100%) X 5 reps
         Catch flys and throw to each cutoff (75%) X 5 reps
         1-2 minutes rest between catches
         5 tosses each to 175’, 200’, 225’, 250’

STEP 5  Simulated Game

Data for Outfielder’s Throwing Program
College Baseball Data (1997 UD vs. Opponent)

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