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.
Pitcher’s Instructions- Adult cont.

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’ |
|             | 15 throws @ 30’*                 | 20 throws @ 90’* |
|             | 15 throws @ 30’*                 | 15 throws @ 90’* |
|             | 20 long tosses to 60’            | 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’ |
|             | 15 throws @ 75’*                 | 20 throws @ 105’* |
|             | 15 throws @ 75’*                 | 15 throws @ 105’* |
|             | 20 long tosses to 120’           | 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’ |
|             | 15 throws @ 60’*                 | 20 throws @ 120’* |
|             | 15 throws @ 60’*                 | 20 throws @ 120’* |
|             | 20 long tosses to 120’           | 20 long tosses to 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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Adult Baseball Pitcher’s
Interval Throwing Program

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’
Adult Baseball Pitcher’s
Interval Throwing Program

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 1st*
20 fastballs (100%)
5 off speed pitches*

STEP 14
(Active Rest)
15 fastballs (100%)
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
(Reliever’s and closing
pitchers can go to step 23
on the next throwing day
after completing this step.)

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*

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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Pitcher’s Instructions- Adult cont.

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

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