Infielder’s Instructions- Softball

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 become sore during this workout, stop and take 2 days off. Upon return to throwing, drop down one 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 one step.
- If no soreness, advance one 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 5 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 5 as soreness rules allow. On off days, use active rest program below for workout.

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Infielder’s Instructions - Softball

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 120’
5 throws each at 60, 90 and 120’ at 50% effort
20 long tosses to 120’

Infielder’s Throwing Program

General Guidelines
- Complete a warm-up lap around the field before each step
- Complete a 60’ sprint before each set of throws
- Rest 8 minutes between sets
- All throws with limited arc

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

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

STEP 3
Warm-up toss to 90’
20 throws @ 60’ (50%)
Field Practice (75%)
  5 throws @ 60’
  5 throws @ 60’ (DP)
  3 throws @ 84’
  3 throws @ 120’
20 long tosses to 120’

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Infielder’s Throwing Program cont.

**STEP 4**  Warm-up toss to 150’
20 throws @ 60’ (50%)
Field Practice (75%)
   5 throws @ 60’
   5 throws @ 60’ (DP)
   3 throws @ 84’
   3 throws @ 120’
  20 long tosses to 120’

**STEP 5**  Return to regular practice and games

Field Practice (75%)
   5 throws @ 60’
   5 throws @ 60’ (DP)
   3 throws @ 84’
   3 throws @ 120’
  20 long tosses to 120’

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**Data (Collected from 36 games, 219 innings)**

<table>
<thead>
<tr>
<th>Position</th>
<th>Plays/Game</th>
<th>Distance</th>
<th>Mean</th>
<th>Range</th>
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<td>3&lt;sup&gt;rd&lt;/sup&gt;</td>
<td>46.40’</td>
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</table>

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