Catcher'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 warmup 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 warmup 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 one step.
  - If sore during warmup 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
  - To establish a base for training and conditioning, begin with step 3 and advance one step daily to step 13 following soreness rules.

B. Non-throwing arm injury
  - After medical clearance, begin at step 1 and advance one step daily to step 13 following soreness rules.

C. Throwing arm- bruise or bone involvement
  - After medical clearance, begin with step 1 and advance one step every other day to step 13 following soreness rules.

D. Throwing arm- Tendon/ Ligament injury (Mild)
  - After medical clearance, begin with step 1 and advance program to step 5 throwing every other day as soreness rules allow.
  - Throw every third day for steps 6-9 as soreness rules allow.
  - Return to throwing every other day as soreness rules allow for steps 10-13.

E. Throwing arm- Tendon/ Ligament injury (Moderate, severe, or post op)
  - After medical clearance, begin throwing at step 1
  - For steps 1-5, advance no more than 1 step every 3 days with one day of active rest* following each workout day.
- For steps 6-13, advance no more than 1 step every 3 days with 2 day of active rest* following each workout day.

*Active rest workout
  Warm up to 60'
  Catch 5 pitches in squat but do not throw ball to pitcher
  25 easy tosses 60-90'
  Run 90' sprint after every 5 tosses

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This Clinical Guideline may need to be modified to meet the needs of a specific patient.
The model should not replace clinical judgment.
CATCHER'S THROWING PROGRAM

PHASE ONE
- complete a warm-up lap around the field before each step
- all throws completed to tolerance, not to exceed 50% effort
- complete a 90' sprint before each set within each step
- rest 12 seconds between throws
- rest 8 minutes between sets

Step 1: Warm up to 30'
10 throws to 30'
10 throws to 30'
10 throws to
Step 2: 30'
10 throws to
30' 15 lobs to 60''
Warm up to 60'
10 throws to pitcher
10 throws to pitcher
0 throws to pitcher
Step 3: 15 lobs to 60'
Warm up to 90'
0 throws to pitcher
10 throws to
pitcher * 10 throws to
pitcher * 15 lobs to 90'
Step 4: Warm up to 90'
15 throws to pitcher
15 throws to
pitcher * 15 throws to
pitcher * 15
throws to pitcher *
15 lobs to 90'
Step 5: Warm up to 90'
20 throws to pitcher * A
20 throws to pitcher OA
20 throws to pitcher A
20 lobs to 90'

*all throws in these sets are made after squatting for 8 seconds to simulate receiving a pitch A all throws in these sets are made at 50% effort

PHASE TWO
- all steps should begin with phase one, step five
- all throws in phase two are made after squatting for 8 seconds

Step 6: 7 throws at 70' (50%)
20 lobs to 90'

Step 7: 7 throws at 80' (75%)
20 lobs to 120'

Step 8: 12 throws at 90' (50%)
20 lobs to 160'

Step 9: 7 throws at 90' (75%)
5 throws at 100' (50%)
20 lobs to 160'

Step 10: 7 throws at 90' (75%) **
7 throws at 110' (50%)
20 lobs to 160'

Step 11: 7 throws at 90'
(100%) * 10 throws at 115' (50%)
20 lobs to 160'

Step 12: 7 throws at 90' (100%) **
10 throws at 125' (75%)
20 lobs to 160'

Step 13: 7 throws at 90' (100%) **
10 throws at 130' (100%)AA
20 lobs to 160'
** Throws to first or third base after receiving a pitch
A.&D throw to second base after receiving a pitch
### Data for Catching Programs

**College B115eball Data (38 Division I Top 25 games, 1997 UD Hens/opponents)**

<table>
<thead>
<tr>
<th>Variable</th>
<th>Mean</th>
<th>Median</th>
<th>Range</th>
<th>StanDev</th>
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<td>Distance</td>
<td>97</td>
<td>90</td>
<td>80-150</td>
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<tr>
<td>Effort</td>
<td>90%</td>
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<tr>
<td>Throws/Inn To Pitcher</td>
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<td>7-14</td>
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<td>: Throws/Game To Pitcher</td>
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<tr>
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<td>Sprints/Game</td>
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**13 yo Baseball Data (50 Little League Games, 307 Total Innings)**

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<td>Throws/Game To base</td>
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<td>Effort</td>
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<tr>
<td>Squat/Game</td>
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