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 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 4 and advance one step daily following soreness rules.

B. Non-throwing arm injury
- After medical clearance, begin step 4 and advance one 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 8-17 as soreness rules allow.
  Return to throwing every other day as soreness rules allow for steps 18-24.

E. Throwing arm- Tendon/Ligament injury (Moderate, severe, or post op)
- After medical clearance, begin throwing at step 1.
For steps 1-10, advance no more than 1 step every 3 days with 2 days of active rest (warmup and long tosses) following each workout.
Steps 11-13 advance no more than 1 step every 3 days with 2 days active rest (see step 10) following each workout.
Steps 14-17 advance no more than 1 step every other day with 1 day active rest (see step 10) between steps.
Advance steps 18-24 daily as soreness rules allow.

This Clinical Guideline may need to be modified to meet the needs of a specific patient.
The model should not replace clinical judgment.
**ADULT BASEBALL PITCHERS INTERVAL THROWING PROGRAM**

<table>
<thead>
<tr>
<th>Phase I - THROWS AT 50% EFFORT</th>
<th>Phase II - THROWS AT 75% EFFORT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STEP 1</strong></td>
<td><strong>STEP 8</strong></td>
</tr>
<tr>
<td>WARM-UP TOSS TO 30'</td>
<td>WARM-UP TOSS TO 120-160'</td>
</tr>
<tr>
<td>15 THROWS AT 30' *</td>
<td>20 THROWS AT 60' *</td>
</tr>
<tr>
<td>WARM-UP TOSS TO 30'</td>
<td>20 THROWS AT 60' *</td>
</tr>
<tr>
<td>20 THROWS AT 30'</td>
<td>15 THROWS AT 60' *</td>
</tr>
<tr>
<td><strong>STEP 2</strong></td>
<td><strong>STEP 9</strong></td>
</tr>
<tr>
<td>WARM-UP TOSS TO 45'</td>
<td>WARM-UP TOSS TO 120-160'</td>
</tr>
<tr>
<td>15 THROWS AT 45' *</td>
<td>20 THROWS AT 60'</td>
</tr>
<tr>
<td>WARM-UP TOSS TO 45'</td>
<td>10 THROWS AT 80' *</td>
</tr>
<tr>
<td>20 THROWS AT 45'</td>
<td>20 THROWS AT 60'</td>
</tr>
<tr>
<td><strong>STEP 3</strong></td>
<td><strong>STEP 10</strong></td>
</tr>
<tr>
<td>WARM-UP TOSS TO 60'</td>
<td>WARM-UP TOSS TO 120-160'</td>
</tr>
<tr>
<td>15 THROWS AT 60' *</td>
<td>20 THROWS AT 60'</td>
</tr>
<tr>
<td>WARM-UP TOSS TO 60'</td>
<td>10 THROWS AT 80' *</td>
</tr>
<tr>
<td>20 THROWS AT 60'</td>
<td>20 LONG TOSSES AT 120'</td>
</tr>
<tr>
<td><strong>STEP 4</strong></td>
<td><strong>Phase III</strong></td>
</tr>
<tr>
<td>WARM-UP TOSS TO 75'</td>
<td><strong>STEP II</strong></td>
</tr>
<tr>
<td>15 THROWS AT 75' *</td>
<td>15 FASTBALLS (50%) *</td>
</tr>
<tr>
<td>WARM-UP TOSS TO 75'</td>
<td>20 THROWS AT 60'</td>
</tr>
<tr>
<td>20 THROWS AT 75'</td>
<td>15 THROWS AT 80' *</td>
</tr>
<tr>
<td><strong>STEPS</strong></td>
<td><strong>STEP 11</strong></td>
</tr>
<tr>
<td>WARM-UP TOSS TO 90'</td>
<td>20 LONG TOSSES AT 120'</td>
</tr>
<tr>
<td>15 THROWS AT 90' *</td>
<td>15 FASTBALLS (50%) *</td>
</tr>
<tr>
<td>20 THROWS AT 90'</td>
<td>25 THROWS AT 90' (75%) *</td>
</tr>
<tr>
<td>20 LONG TOSSES AT 120'</td>
<td></td>
</tr>
<tr>
<td><strong>STEP 6</strong></td>
<td><strong>STEP 12</strong></td>
</tr>
<tr>
<td>WARM-UP TOSS TO 105'</td>
<td>15 FASTBALLS (50%) *</td>
</tr>
<tr>
<td>15 THROWS AT 105' *</td>
<td>15 FASTBALLS (50%) *</td>
</tr>
<tr>
<td>20 THROWS AT 105'</td>
<td>15 FASTBALLS (50%) *</td>
</tr>
<tr>
<td>20 LONG TOSSES AT 120'</td>
<td>25 THROWS AT 90' (75%) *</td>
</tr>
<tr>
<td><strong>STEP 11</strong></td>
<td><strong>STEP 13</strong></td>
</tr>
<tr>
<td>WARM-UP TOSS TO 120'</td>
<td>20 FASTBALLS (50%) *</td>
</tr>
<tr>
<td>15 THROWS AT 120' *</td>
<td>20 FASTBALLS (50%) *</td>
</tr>
<tr>
<td>20 THROWS AT 120'</td>
<td>20 FASTBALLS (50%) *</td>
</tr>
<tr>
<td>20 LONG TOSSES AT 120'</td>
<td>25 THROWS AT 90' (75%) *</td>
</tr>
<tr>
<td>20 LONG TOSSES AT 120'</td>
<td></td>
</tr>
</tbody>
</table>

* REST 9 MINUTES AFTER THESE SETS

**BEGIN ALL STEPS IN THIS PHASE WITH WARM-UP TOSS TO 120-160' ALL FASTBALLS ARE FROM THE MOUND**

**FINISH STEPS IN THIS PHASE WITH 20 LONG TOSSES TO 120'**
STEP 14 15 FASTBALLS (50%)  
15 FASTBALLS (75%) *  
20 FASTBALLS (75%) *  
20 FASTBALLS (75%) *  
15 FASTBALLS (75%)  
15 FASTBALLS (50%)*  
STEP 15 10 FASTBALLS (50%)  
20 FASTBALLS (75%) *  
10 FASTBALLS (75%) *  
10 FASTBALLS (100%) *  
10 FASTBALLS (100%) *  
20 FASTBALLS (75%)  
15 FASTBALLS (100%) *  
5 OFF SPEED PITCHES*  
5 OFF SPEED PITCHES*  
STEP 19 20 FASTBALLS (100%) *  
20 FASTBALLS (100%)  
5 OFF SPEED PITCHES*  
5 OFF SPEED PITCHES*  
STEP 16 25 FASTBALLS (75%) *  
5 FASTBALLS (75%)  
20 FASTBALLS (100%) *  
10 FASTBALLS (75%)  
15 FASTBALLS (100%) *  
25 FASTBALLS (75%) *  
STEP 20 20 FASTBALLS (100%) *  
15 FASTBALLS (100%)  
5 OFF SPEED PITCHES*  
4 PICKOFF THROWS TO 1ST*  
II  
20 FASTBALLS (75%)  
10 FASTBALL (50%)*  
5 OFF SPEED PITCHES*  
20 FASTBALLS (100%)  
STEP 21 (ACTIVE REST)  
REPEAT STEP 10  
Phase IV"  
STEP 17 (ACTIVE REST)  
REPEAT STEP 10  
STEP 22 20 FASTBALLS (100%)  
5 OFF SPEED PITCHES*  
20 FASTBALLS (100%)  
STEP 18 5 FASTBALLS (75%)  
20 FASTBALLS (100%) *  
15 FASTBALLS (100%)  
5 OFF SPEED PITCHES *  
20 FASTBALLS (100%)  
5 OFF SPEED PITCHES *  
20 FASTBALLS (100%)  
5 OFF SPEED PITCHES *  
FIELD BUNTS & COMEBACKS  
(Relevers' and Closing litches can  
go the stel! 23 on the next throwing  
day after comllleting this stel!.)  
STEP 23 BATTING PRACTICE  
110-120 PITCHES  
FIELD BUNTS AND COMEBACKS  
STEP 24 SIMULATED GAME  
SIMULATED GAME  
1) 10 MIN. 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 MIN. REST BETWEEN INNINGS  
* REST 9 MINUTES AFTER THESE SETS  
#BEGIN ALL STEPS IN THIS PHASE WITH WARM-UP TOSS TO 120-160' FINISH  
STEPS IN THIS PHASE WITH 20 LONG TOSSES TO 120'