Pitcher's Instructions- 13/14

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 step 3 and advance one step daily to step 16 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 4 throwing every other day as soreness rules allow.
   - Throw every third day on steps 5-8 as soreness rules allow.
   - Return to throwing every other day as soreness rules allow for steps 9-16.

E. Throwing arm- Tendon/Ligament injury (Moderate, severe, or post op)
   - After medical clearance, begin throwing at step 1.
– For steps 1-4, advance no more than 1 step every 3 days with 2 days of active rest (warmup and long tosses) following each workout.
– Steps 5-8 advance no more than 1 step every 3 days with 2 days active rest (see step 10) following each workout.
– Advance steps 9-16 daily as soreness rules allow.

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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.
## 13/14 Year Old Baseball Pitchers

### Intervals Throwing Program

**Phase I - Beginning throwing**

- All throws are at 50% effort

**STEP 1**
- WARM-UP TOSS TO 60'
- 15 throws at 20' *
- 15 throws at 20'
- 20 long tosses to 60'

**STEP 2**
- WARM-UP TOSS TO 75'
- 15 throws at 30' *
- 15 throws at 30'
- 20 long tosses to 75'

**STEP 3**
- WARM-UP TOSS TO 90'
- 15 throws at 45' *
- 15 throws at 45'
- 20 long tosses to 90'

**STEP 4**
- WARM-UP TOSS TO 105'
- 15 throws at 60' *
- 15 throws at 60'
- 20 long tosses to 105'

**Phase II - Return to pitching**

- Fastballs are from the mound

**STEP 5**
- WARM-UP TOSS TO 120'
- 20 fastballs (50%)*
- 20 fastballs (50%)*
- 20 fastballs (50%)*
- 25 long tosses to 120'

**STEP 6**
- WARM-UP TOSS TO 120'
- 20 fastballs (50%)*
- 15 fastballs (50%)*
- 15 fastballs (75%)*
- 20 fastballs (50%)*
- 25 long tosses to 120'

**STEP 7**
- WARM-UP TOSS TO 120'
- 20 fastballs (50%)*
- 15 fastballs (75%)*
- 20 fastballs (50%)*
- 25 long tosses to 120'

**STEP 8**
- WARM-UP TOSS TO 120'
- 15 fastballs (75%)*
- 20 fastballs (100%)*
- 20 fastballs (75%)*
- 20 fastballs (50%)*
- 25 long tosses to 120'

**Phase III - Intensified pitching**

**STEP 9**
- WARM-UP TOSS TO 120'
- 10 fastballs (75%)
- 10 fastballs (100%)*
- 15 fastballs (75%)
- 10 fastballs (100%)*
- 10 fastballs (75%)
- 10 fastballs (100%)*
- 10 fastballs (75%)*
- 15 fastballs (75%)*
- 25 long tosses to 160'

**STEP 10**
- ACTIVE REST
- WARM-UP TOSS TO 120'
- 30 throws at 60' (75%)
- 15 throws at 80' (75%)*
- 20 throws at 60' (75%)
- 15 throws at 80' (75%)*
- 20 long tosses to 160'

**STEP 11**
- WARM-UP TOSS TO 120'
- 20 fastballs (75%)
- 5 off speed pitches*
- 20 fastballs (100%)
- 15 fastballs (100%)*
- 5 off speed pitches*
- 20 fastballs (100%)
- 15 fastballs (100%)*
- 5 off speed pitches*
- 20 fastballs (75%)
- 5 off speed pitches*
- 10 pickoff throws to 1st
- 25 long tosses to 160'

*REST 6 MINUTES AFTER THESE SETS*
STEP 13  WARM-UP TOSS TO 120'
15 FASTBALLS (75%)
5 OFF SPEED PITCHES *
20 FASTBALLS (100%)
5 OFF SPEED PITCHES *
20 FASTBALLS (100%)
5 OFF SPEED PITCHES *
15 FASTBALLS (75%)
5 OFF SPEED PITCHES *
5 PICKOFF THROWS TO 1st
5 PICKOFF THROWS TO 2nd
25 LONG TOSS:IS TO 160'

STEP 14  (ACTIVE RES1)
REPEAT STEP 10

STEP 15  BATTING PRACTICE
100-120 PITCHES
FfiLDBUNTSANDCOMEBACKS

STEP 16  SIMULATED GAME

SIMULATED GAME
1) 10 MIN. WARM-UP OF 50-80 PITCHES WITH GRADUALLY INCREASING VELOCITY
2) 4-6 INNINGS
3) 17-25 PITCHES PER INNING, INCLUDING 12-17 FASTBALLS
4) 6 MIN. REST BETWEEN INNINGS

* REST 6 MINUTES AFTER THESE SETS