Catcher's Instructions- Baseball

General Rules
1) Break a sweat
2) Shoulder Stretches
3) Throwing program

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: Should only be used as instructed if the athlete has no soreness.
- Warm-up tosses to 60'
- Catch 5 pitches in squat, but do not throw ball to pitcher
- 15 long tosses at 60' and 10 long tosses at 90'
- Run 90' sprint after every 5 lobs

All warm-up and long tosses should begin with a “crow-hop” and be thrown with a limited arc.

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CATCHER’S THROWING PROGRAM

PHASE ONE
- complete a warm-up lap around the field before each step

Step 1 Warm-up to 45’
10 throws to 30’
10 throws to 30’
10 throws to 30’
10 throws to 30’
15 long tosses to 45’

Step 2 Warm-up to 60’
10 throws to 45’
10 throws to 45’
10 throws to 45’
15 long tosses 60’

Step 3 Warm-up to 75’
10 throws to pitcher
10 throws to pitcher
10 throws to pitcher
10 throws to pitcher
15 long tosses 75’

Step 4 Warm-up to 90’
15 throws to pitcher
15 throws to pitcher
15 throws to pitcher
15 long tosses to 90’

Step 5 Warm-up to 90’
20 throws to pitcher *~
20 throws to pitcher *~
20 throws to pitcher *~
20 long tosses to 90’

*Player should be in the squat stance to receive all throws from partner.
~ All throws in these sets are made at 50% effort

PHASE TWO
- all steps should begin with phase one, step five, completed as instructed above
- player should be in the squat stance to receive all throws from partner
- all long tosses should begin with a “crow-hop” and be thrown with minimum arc

Step 6 7 throws at 70’ (50%)
20 long tosses to 100’

Step 7 7 throws at 80’ (75%)
20 long tosses to 130’

Step 8 12 throws at 90’ (50%)
20 long tosses to 160’

Step 9 7 throws at 90’ (75%)*
5 throws at 100’ (50%)
20 long tosses to 160’

Step 10 7 throws at 90’ (75%)*
7 throws at 110’ (50%)
20 long tosses to 160’

Step 11 7 throws at 90’ (100%)*
10 throws at 110’ (50%)
20 long tosses to 160’

Step 12 7 throws at 90’ (100%)*
10 throws at 125’ (75%)
20 long tosses to 160’

Step 13 7 throws at 90’ (100%)*
10 throws at 130’ (100%)
20 long tosses to 160’

*These throws should be made on the field to first or third base after receiving a pitch

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References
