**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 mins

**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.

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ADULT BASEBALL PITCHERS INTERVAL THROWING PROGRAM

Phase I- Return to Throwing
All throws are at 50% effort

**Step 1:** WARM-UP TOSS TO 60'
- 15 throws at 30' *
- 15 throws at 30' *
- 15 throws at 30' *
- 20 long tosses to 60'

**Step 2:** WARM-UP TOSS TO 75'
- 15 throws at 45' *
- 15 throws at 45' *
- 15 throws at 45' *
- 20 long tosses to 75'

**Step 3:** WARM-UP TOSS TO 90'
- 15 throws at 60' *
- 15 throws at 60' *
- 15 throws at 60' *
- 20 long tosses to 90'

**Step 4:** WARM-UP TOSS TO 105'
- 15 throws at 75' *
- 15 throws at 75' *
- 15 throws at 75' *
- 20 long tosses to 105'

**Step 5:** WARM-UP TOSS TO 120'
- 15 throws at 90' *
- 20 throws at 90' *
- 15 throws at 90' *
- 20 long tosses to 120'

**Step 6:** WARM-UP TOSS TO 120'
- 20 throws at 105' *
- 20 throws at 105' *
- 15 throws at 105' *
- 20 long tosses to 120'

**Step 7:** WARM-UP TOSS TO 120'
- 20 throws at 120' *
- 20 throws at 120' *
- 20 throws at 120' *
- 20 long tosses to 120'

Phase II- Return to pitching~
Throws at effort level given

**Step 8:** 15 throws at 60'6" (75%)*
- 20 throws at 60'6" (75%)*
- 20 throws at 60'6" (75%)*
- 15 throws at 60'6" (75%)*

**Step 9:** 20 throws at 60'6" (75%)*
- 20 throws at 60'6" (75%)*
- 20 throws at 60'6" (75%)*
- 20 throws at 60'6" (75%)*

**Step 10:** 20 fastballs (50%)*
- 20 fastballs (50%)*
- 20 fastballs (50%)*
- 20 fastballs (50%)*
- 20 fastballs (50%)*
- 25 throws at 60'6" (75%)*

**Step 11:** 20 fastballs (50%)*
- 20 fastballs (75%)*
- 20 fastballs (50%)*
- 15 fastballs (75%)*
- 25 throws at 60'6" (75%)*

**Step 12:** 25 fastballs (50%)*
- 20 fastballs (75%)*
- 20 fastballs (75%)*
- 20 fastballs (75%)*
- 20 fastballs (75%)*

Phase III- Intensified Pitching~

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Step 13: 25 FASTBALLS (75%) *
20 FASTBALLS (100%) *
10 FASTBALLS (75%) *
15 FASTBALLS (100%) *
25 FASTBALLS (75%) *

Step 14: ACTIVE REST
20 THROWS AT 80'
20 THROWS AT 80'
20 THROWS AT 80'
20 THROWS AT 80'

Step 15: 20 FASTBALLS (75%) *
20 FASTBALLS (100%) *
5 OFF-SPEED PITCHES *
15 FASTBALLS (100%) *
20 FASTBALLS (100%) *
5 OFF-SPEED PITCHES *
FIELD BUNTS AND COMEBACKS

Step 16: 20 FASTBALLS (100%) *
15 FASTBALLS (100%) *
5 OFF-SPEED PITCHES
5 PICKOFF THROWS TO 1ST
20 FASTBALLS (100%) *
5 OFF-SPEED PITCHES *
20 FASTBALLS (100%) *
5 OFF-SPEED PITCHES *

Step 17: 15 FASTBALLS (100%) *
5 OFF-SPEED PITCHES
15 FASTBALLS (100%) *
3 PICKOFF THROWS TO 1ST *
20 FASTBALLS (100%) *
5 OFF-SPEED PITCHES *
15 FASTBALLS (100%) *
3 PICKOFF THROWS TO 2ND *
15 FASTBALLS (100%) *
5 OFF-SPEED PITCHES *

Step 18: ACTIVE REST
REPEAT STEP 14

Step 19: 20 FASTBALLS (100%)
5 OFF-SPEED PITCHES *
20 FASTBALLS (100%)
3 PICKOFF THROWS TO 1ST *
20 FASTBALLS (100%)
3 PICKOFF THROWS TO 2ND *
15 FASTBALLS (100%)
5 OFF-SPEED PITCHES *
15 FASTBALLS (100%)
5 OFF-SPEED PITCHES *

Step 20: BATTING PRACTICE
110-120 PITCHES
FIELD BUNTS AND COMEBACKS

Step 21: SIMULATED GAME
— 10 MINUTES WARM-UP OF 50-80 PITCHES WITH
GRADUALLY INCREASING VELOCITY
— 5-8 INNINGS FOR STARTERS, 3-5 INNINGS FOR
RELIEVERS, 2-3 INNINGS FOR CLOSERS
— 15-20 PITCHES PER INNING, INCLUDING 10-15
FASTBALLS
— 9 MINUTES REST BETWEEN INNINGS

*Rest 9 minutes after these sets
~Begin steps in this phase with warm-up toss to 120’. All fastballs are from level ground after a crow hop.
Finish steps in this phase with 25 long tosses to 160’.
+Begin all steps in this phase with warm-up toss to 120’. Finish steps in this phase with 25 long tosses to 160’.

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References
