



Inland Orthopaedic Surgery & Sports Medicine

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Thrower's Program—Adult

General Rules

1. Heat—Moist if possible
2. Shoulder stretches—Especially supine forward flexion and internal rotation
3. Throwing program
4. Rotator cuff strengthening
5. Shoulder stretches
6. Ice for 20 minutes

Warm-Up

- Begin at 20' and advance 20' at a time throwing 3-5 times at each distance at 50% effort until reaching the warm-up 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 warm-up 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 warm-up 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.

Instructions

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 8-12 as soreness rules allow.
- Return to throwing every other day as soreness rules allow for steps 13-21.

E. Throwing arm-Tendon/Ligament injury (moderate, severe, or post-op)

- After medical clearance, begin throwing at step 1.
- For steps 1-7, advance no more than 1 step every 3 days with 2 days of active rest (warm-up and long tosses) following each workout.

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- Steps 8-12 advance no more than 1 step every 3 days with 2 days active rest (see step 14) following each workout.
- Steps 13-16 advance no more than 1 step every other day with 1 day active rest (see step 14) between steps.
- Advance steps 17-21 daily as soreness rules allow.

Interval throwing program—Adult Pitchers

| Phase I | | | |
|--|------------------------|----------------------------------|------------------------|
| Return to Throwing – All throws are at 50% effort | | | |
| <i>Step 1</i> | Warm-up toss to 60' | <i>Step 5</i> | Warm-up toss to 120' |
| | 15 throws at 30' * | | 15 throws at 90' * |
| | 15 throws at 30' * | | 15 throws at 90' * |
| | 15 throws at 30' | | 15 throws at 90' * |
| | 20 long tosses to 60' | | 20 long tosses to 120' |
| <i>Step 2</i> | Warm-up toss to 75' | <i>Step 6</i> | Warm-up toss to 120' |
| | 15 throws at 45' * | | 20 throws at 105' * |
| | 15 throws at 45' * | | 20 throws at 105' * |
| | 15 throws at 45' | | 15 throws at 105' * |
| | 20 long tosses to 75' | | 20 long tosses to 120' |
| <i>Step 3</i> | Warm-up toss to 90' | <i>Step 7</i> | Warm-up toss to 120' |
| | 15 throws at 60' * | | 20 throws at 120' * |
| | 15 throws at 60' * | | 20 throws at 120' * |
| | 15 throws at 60' | | 20 throws at 120' * |
| | 20 long tosses to 90' | | 20 long tosses to 120' |
| <i>Step 4</i> | Warm-up toss to 105' | *Rest 9 minutes after these sets | |
| | 15 throws at 75' * | | |
| | 15 throws at 75' * | | |
| | 15 throws at 75' * | | |
| | 20 long tosses to 105' | | |

| Phase II† | | | |
|--|----------------------------|--|----------------------------|
| Return to Pitching – Throws at effort level given | | | |
| <i>Step 8</i> | 15 throws at 60'6" (75%) * | <i>Step 11</i> | 20 fastballs (50%) * |
| | 20 throws at 60'6" (75%) * | | 20 fastballs (75%) * |
| | 20 throws at 60'6" (75%) * | | 20 fastballs (50%) * |
| | 15 throws at 60'6" (75%) * | | 15 fastballs (75%) * |
| <i>Step 9</i> | 20 throws at 60'6" (75%) * | | 25 throws at 60'6" (75%) * |
| | 20 throws at 60'6" (75%) * | <i>Step 12</i> | 25 fastballs (50%) * |
| | 20 throws at 60'6" (75%) * | | 20 fastballs (75%) * |
| | 20 throws at 60'6" (75%) * | | 20 fastballs (75%) * |
| <i>Step 10</i> | 20 fastballs (50%) * | | 20 fastballs (75%) * |
| | 20 fastballs (50%) * | | 20 fastballs (75%) * |
| | 20 fastballs (50%) * | †Begin steps in this phase with warm-up toss to 120'. All fastballs from level ground after a crow hop. Finish steps in this phase with 25 long tosses to 160'. * Rest 9 minutes after these sets | |
| | 25 throws at 60'6" (75%) * | | |

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| Phase III‡ | | Intensified Pitching – Throws at effort level given | |
|------------|---------------------------------------|--|---------------------------------------|
| Step 13 | 25 fastballs (75%) * | Step 18 | (Active Rest) |
| | 20 fastballs (100%) * | | Repeat step 14 |
| | 10 fastballs (75%) * | Step 19 | 20 fastballs (100%) |
| | 15 fastballs (100%) * | | 5 off-speed pitches * |
| | 25 fastballs (75%) * | | 20 fastballs (100%) |
| Step 14 | (Active Rest) | | 3 pickoff throws to 1 st * |
| | 20 throws at 80' | | 20 fastballs (100%) |
| | 20 throws at 80' | | 3 pickoff throws to 2 nd * |
| | 20 throws at 80' | | 15 fastballs (100%) |
| | 20 throws at 80' | | 5 off-speed pitches * |
| Step 15 | 20 fastballs (75%) * | Step 20 | Batting practice |
| | 20 fastballs (100%) | | 110-120 pitches |
| | 5 off-speed pitches * | | Field bunts and comebacks |
| | 15 fastballs (100%) | Step 21 | Simulated game |
| | 5 off-speed pitches * | ‡ Begin all steps in this phase with warm-up toss to 102'. Finish steps in this phase with 25 long tosses to 160'. * Rest 9 minutes after these sets. 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. | |
| | 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 1 st | | |
| | 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 1 st * | | |
| | 20 fastballs (100%) | | |
| | 5 off-speed pitches * | | |
| | 15 fastballs (100%) | | |
| | 3 pickoff throws to 2 nd * | | |
| | 15 fastballs (100%) | | |
| | 5 off-speed pitches * | | |

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