

Orthopedic Surgery • Sports Medicine
Neil Kumar, MD

Interval Throwing Program

Baseball Catcher

Each phase is designed to increase endurance and strength in a safe, pain-free manner. Every athlete will heal at different rates. Therefore, the “soreness rule” is used to prevent oversteering the soft tissues during progression.

- Each step should be performed 1 time with one day rest between each session
- If no soreness, advance 1 step every 2-3 throwing days.
- 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 1 step.
- 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 and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down to previous workout.

It is recommended to be properly warmed up prior to the start of a work-out. A suggested work-out format includes: 10 minute dynamic warm-up (jogging, biking, etc), complete shoulder stretches, and complete designated throws for that day, complete peri-scapular strengthening exercises (high rep with low weight), repeat shoulder stretches, and finish with ice. Ice should be applied to the shoulder for 15-20 minutes following each step. Early supervision of the progression by an athletic trainer or rehabilitation professional is recommended.

If you are using this program as a return to throwing program due to an injury or surgery, you are to begin at phase one and progress through each phase.

If you are using this program as a preseason tool to prepare for your upcoming season without a recent injury or surgery, you may complete Steps 2 and 4 in phase I before completing all of phase II.

** Courtesy of Elite Sports Medicine, Hartford, Connecticut.*

Orthopedic Surgery • Sports Medicine
Neil Kumar, MD

Phase I: Return to Throwing

*catcher should be in squat position to receive all throws from partner

<p>Step 1</p> <ul style="list-style-type: none"> • Warm-up tosses to 45 ft • 10 throws to 30 ft • 10 throws to 30 ft • 10 throws to 30 ft • 10 throws to 30 ft • 15 long tosses to 45 ft 	<p>Step 2</p> <ul style="list-style-type: none"> • Warm-up tosses to 60 ft • 10 throws to 45 ft • 10 throws to 45 ft • 10 throws to 45 ft • 15 long tosses to 60 ft
<p>Step 3</p> <ul style="list-style-type: none"> • Warm-up tosses to 75 ft • 10 throws to pitcher • 10 throws to pitcher* • 10 throws to pitcher • 10 throws to pitcher* • 15 long tosses to 75 ft 	<p>Step 4</p> <ul style="list-style-type: none"> • Warm-up tosses to 90 ft • 15 throws to pitcher • 15 throws to pitcher* • 15 throws to pitcher* • 15 throws to pitcher* • 15 long tosses to 90 ft
<p>Step 5</p> <ul style="list-style-type: none"> • Warm-up tosses to 90 ft • 20 throws to pitcher (75% effort) • 20 throws to pitcher (75% effort)* • 20 throws to pitcher (50% effort) • 20 throws to pitcher (50% effort)* • 20 long tosses to 90 ft 	

Orthopedic Surgery • Sports Medicine
Neil Kumar, MD

Phase II: Long Throwing

*catcher should be in squat position to receive pitch from partner and then throw towards 1st or 3rd base

<p>Step 1</p> <ul style="list-style-type: none"> • Warm-up throws to 90 ft • 7 throws at 70 ft (50% effort) • 20 long tosses to 100 ft 	<p>Step 2</p> <ul style="list-style-type: none"> • Warm-up throws to 90 ft • 7 throws at 80 ft (75% effort) • 20 long tosses to 130 ft
<p>Step 3</p> <ul style="list-style-type: none"> • Warm-up throws to 90 ft • 12 throws at 90 ft (50% effort) • 20 long tosses to 160 ft 	<p>Step 4</p> <ul style="list-style-type: none"> • Warm-up throws to 90 ft • 7 throws at 90 ft (75% effort)* • 5 throws at 100 ft (50% effort) • 20 long tosses to 160 ft
<p>Step 5</p> <ul style="list-style-type: none"> • Warm-up throws to 90 ft • 7 throws at 90 ft (75% effort)* • 7 throws at 110 ft (50% effort) • 20 long tosses to 160 ft 	<p>Step 6</p> <ul style="list-style-type: none"> • Warm-up throws to 90 ft • 7 throws at 90 ft (100% effort)* • 10 throws at 100 ft (50% effort) • 20 long tosses to 160 ft
<p>Step 7</p> <ul style="list-style-type: none"> • Warm-up throws to 90 ft • 7 throws at 90 ft (100% effort)* • 10 throws to 2nd base (75% effort) • 20 long tosses to 160 ft 	<p>Step 8</p> <ul style="list-style-type: none"> • Warm-up throws to 90 ft • 7 throws at 90 ft (100% effort)* • 10 throws to 2nd base (100% effort) • 20 long tosses to 160 ft