

Orthopedic Surgery • Sports Medicine
Neil Kumar, MD

Interval Throwing Program

Softball Infielder

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 2-3 times 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, surgery, or as a preseason tool to prepare for upcoming season, you are to begin at phase one and progress through each phase.

All long tosses begin with a crow-hop.

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

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*Rest 5 minutes between sets

<p>Step 1</p> <ul style="list-style-type: none"> • Warm-up tosses to 60 ft • 20 throws to 30 ft • Field practice at 50% effort <ul style="list-style-type: none"> ○ 5 throws at 30 ft ○ 10 throws at 45 ft ○ 10 throws at 60 ft ○ 20 long tosses to 60 ft 	<p>Step 2</p> <ul style="list-style-type: none"> • Warm-up tosses to 75 ft • 20 throws to 45 ft • Field practice at 50% effort <ul style="list-style-type: none"> ○ 5 throws at 45 ft ○ 10 throws at 60 ft ○ 10 throws at 75 ft ○ 20 long tosses to 75 ft
<p>Step 3</p> <ul style="list-style-type: none"> • Warm-up tosses to 90 ft • 10 throws to 45 ft (50% effort) • 10 throws to 60 ft (50% effort) • Field practice at 75% effort <ul style="list-style-type: none"> ○ 5 throws at 45 ft ○ 10 throws at 60 ft ○ 10 throws at 90 ft ○ 20 long tosses to 90 ft 	<p>Step 4</p> <ul style="list-style-type: none"> • Warm-up tosses to 120 ft • 20 throws to 60 ft (50% effort) • Field practice at 75% effort <ul style="list-style-type: none"> ○ 5 throws at 60 ft ○ 10 throws at 90 ft ○ 10 throws at 120 ft ○ 20 long tosses to 120 ft
<p>Step 5</p> <ul style="list-style-type: none"> • Warm-up tosses to 150 ft • 20 throws to 60 ft (75% effort) • Field practice at 75% effort <ul style="list-style-type: none"> ○ 5 throws at 90 ft ○ 10 throws at 90 ft ○ 5 throws at 120 ft ○ 10 throws at 150 ft ○ 20 long tosses to 150 ft 	<p>Step 6</p> <ul style="list-style-type: none"> • Simulated Game • Warm-up tosses to 180 ft • 20 throws to 60 ft (50% effort) • Field practice at 100% effort <ul style="list-style-type: none"> ○ 5 throws at 90 ft ○ 5 throws at 120 ft ○ 5 throws at 180 ft ○ 20 throws to 150 ft