

Orthopedic Surgery • Sports Medicine
Neil Kumar, MD

Interval Throwing Program

Softball Outfielder

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 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, 4, 6, and 8.

All long tosses begin with a crow-hop.

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

<p>Step 1</p> <ul style="list-style-type: none"> • Warm-up tosses to 45 ft • Catch 10 fly balls and throw to cutoff at 45 ft with 50% effort • 1-2 minutes rest • Repeat 3 times • 15 long tosses to 60 ft 	<p>Step 2</p> <ul style="list-style-type: none"> • Warm-up tosses to 60 ft • Catch 10 fly balls and throw to cutoff at 60 ft with 50% effort • 1-2 minutes rest • Repeat 3 times • 15 long tosses to 75 ft
<p>Step 3</p> <ul style="list-style-type: none"> • Warm up tosses to 75 ft • Catch 10 fly balls and throw to cutoff at 75 ft with 50% effort • 1-2 minutes rest • Repeat 3 times • 15 long tosses to 90 ft 	<p>Step 4</p> <ul style="list-style-type: none"> • Warm up tosses to 90 ft • Catch 10 fly balls and throw to cutoff at 90 ft with 50% effort • 1-2 minutes rest • Repeat 3 times • 15 long tosses to 120 ft
<p>Step 5</p> <ul style="list-style-type: none"> • Warm up tosses 120 ft • Catch 10 fly balls and throw to cutoff at 120 ft with 75% effort • 1-2 minute rest • Repeat 3 times • 10 long tosses at 100 ft • 10 long tosses at 120 ft 	<p>Step 6</p> <ul style="list-style-type: none"> • Warm up tosses to 150 ft • Catch 10 fly balls and throw to cutoff at 150 ft with 50% effort • 1-2 minutes rest • Repeat 3 times • 5 long tosses to 100 ft • 10 long tosses to 150 ft
<p>Step 7</p> <ul style="list-style-type: none"> • Warm up tosses to 150 ft • Catch 10 fly balls and throw to each base at 150 ft with 75% effort • 1-2 minutes of rest • Repeat 5 times • Catch 10 fly balls and throw to each base at 150 ft with 50% effort • Rest 1-2 minutes • Repeat 3 times • 5 long tosses to 150 ft • 5 long tosses to 160 ft • 3 long tosses to 180 ft 	<p>Step 8</p> <ul style="list-style-type: none"> • Stimulated game • Warm up tosses to 150 ft feet • Catch 10 fly balls and throw to each base at 150 ft with 100% effort • Rest 1-2 minutes • Repeat 5 times, • Catch 10 fly balls and throw to each base at 150 ft with 75% effort • Rest 1-2 minute • Repeat 5 times