

Center for Athletic Medicine
Dr. Preston M. Wolin
Infielder's Instructions-Baseball

~Please call 773.248.4150 with any and all questions~

General Rules

1. Break a Sweat
2. Shoulder Stretches
3. Throwing Program
4. Rotator Cuff Strengthening
5. Shoulder Stretches
6. Ice for 20 min.

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 the 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.
- A. Baseline/ Preseason
- Begin with step 1 and advance 1 step daily to step 6 as soreness rules allow.
- B. Non-Throwing Arm Injury
- After medical clearance, begin step 1 and advance 1 step daily as soreness rules allow.
- C. Throwing Arm-Bruise or Bone Involvement
- After medical clearance, begin step 1 and advance 1 step every other day to step 6 as soreness rules allow.

*****If a patient is not progressing, please call the office for recommendations*****

D. Throwing Arm-Tendon/ Ligament Injury (mild)

- After medical clearance, begin with step 1. Throw every other day but do not advance beyond step 1 for the first week.
- After 1st week, continue to throw every other day repeating each step through step 6 as soreness rules allow. On off days use active rest program below for workout.

E. Throwing Arm- Tendon/ Ligament Injury (moderate, severe, or post op)

- After medical clearance, begin throwing step 1. Days 1-14, throw every 3-4 days. Do not advance beyond step 1.
- For days 15-28, throw step 1 every 2-3 days but do not advance.
- From day 29 on, throw every third day advancing program as soreness rules allow. On off days use active rest program below for workout.

Active Rest Program:

- Warm-up toss to 150'
- 5 throws each at 90', 120', and 150' at 50% effort.
- 20 easy tosses to 150'

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Infielder's Throwing Program

General Guidelines

- Complete a warm-up lap around the field before each step.
- Complete a 90' sprint before each set of throws within a step.
- Rest 12 seconds between throws.
- Rest 8 minutes between each set.
- All throws with limited arc.

Field Dimensions:

90' home to 1st 127' home to 2nd
90' home to 3rd 156' home to outfield grass

STEP 1:

Warm-up toss to 75'
20 throws at 45' (50%)
Field Practice (50%)
5 throws at 45'
10 throws at 60'
10 throws at 75'
20 tosses to 75'

STEP 2:

Warm-up toss to 90'
10 throws at 45' (50%)
10 throws at 60' (50%)
Field practice (75%)
5 throws at 45'
10 throws at 60'
10 throws at 90'
20 tosses to 90'

STEP 3:

Warm-up toss to 120'
20 throws at 60' (50%)
Field practice (75%)
5 throws at 60'
10 throws at 90'
10 throws at 120'
20 tosses to 120'

STEP 4:

Warm-up toss to 150'
20 throws at 60' (75%)
Field practice (75%)
5 throws at 90'
10 throws at 90' DP
5 throws at 120'
5 throws at 150'
20 tosses to 150'

STEP5:

Warm-up toss to 180'
20 throws at 60' (50%)
Field practice (100%)
5 throws at 90'
5 throws at 90' DP
5 throws at 120'
5 throws at 150'
5 throws at 180'
20 tosses to 180'

STEP 6:

Return to regular practice
and games.

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Data for Infielder's Throwing Program

Professional Baseball Data (1986 Houston Astros/ opponents)

Position	Play/Game (Ranges)	Mean	Distance Mean	Range
First Base	2.5	61.0'	65.0'	11-228'
Second Base	2.8	72.1'	65.7'	18.5-208.3'
Third Base	2.8	98.3'	114.6'	6.1-208.3'
Short Stop*	3.5 (3-8)	89.0'	101.2'	7.7-161.2'

(Effort: Mean=87%, range=85-100%)

* College Baseball data (38 Division 1/top 25 games, UD Hens/Opponents)
-includes around the horn

13 year old Baseball Data (50 Little League Games, 307 innings)

Position	Play/Game (Ranges)	Mean	Range
First Base	9.62	66.76'	15-130'
Second Base	6.18	71.93'	10-140'
Third Base	4.66	73.15'	20-140'
Short Stop*	7.84	74.67'	10-150'

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www.mc.vanderbilt.edu/sportsmed/throwingprogram.html