

Center for Athletic Medicine
Dr. Preston M. Wolin
Outfielder'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

- To establish a base for training and conditioning, begin with step 1 and advance 1 step daily to step 7 following soreness rules.

B. Non-Throwing Arm Injury

- After medical clearance, begin step 1 and advance 1 step daily following soreness rules.

C. Throwing Arm-Bruise or Bone Involvement

- After medical clearance, begin step 1 throw every other day for the first week following soreness rules. Do not advance beyond step 2.

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

- Beginning the second week throw every other day advancing steps as soreness rules allow. On off days you may throw the warm-up and ending tosses of the previous day's workout.

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

- After medical clearance, begin with step 1. For the first week, throw every third day and do not progress beyond step 1.
- Beginning on day 8, advance program as soreness rule allow with 1 day of active rest between each workout day (On active rest days you should throw the warm-up and the ending tosses of the previous day's workout).

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

- After medical clearance, begin throwing step 1. For the first two weeks (days 1-14) throw every 3-4 days and do not advance beyond step 1.
- On days 15-28, begin throwing every 2-3 days but do not advance beyond step 1.
- On days 29-42, use soreness rules to advance program throwing every third day. (On days between workouts, you should throw the warm-up and ending tosses of the previous day's workout.)

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Adult Outfielder Throwing Program

General Guidelines:

- Complete a warm-up lap around the field before each step.
- Tosses are with limited arc.

STEP 1:

Warm-up toss to 100'
Catch flies to throw to each cutoff (50% effort) X 3 reps
1-2 minutes rest between catches
15 tosses to 100'

STEP 2:

Warm-up toss to 150'
Catch flies and throw to each cutoff (50%) X 5 reps
1-2 minutes rest between catches
10 tosses each to 125' and 150'

STEP 3:

Warm-up toss to 200'
Catch flies and throw to each cutoff (75%) X 5 reps
Catch flies and throw to each base (75%) X 3 reps
1-2 minutes between catches
25 tosses to 175'

STEP 4:

Warm-up toss to 250'
Catch flies and throw to each base (75%) X 5 reps
Catch flies and throw to each cutoff (75%) X 3 reps
1-2 minutes between catches
5 tosses each to 175', 200', 225', 250'

STEP 5:

Simulated Game

Data for Outfielder's Throwing Program

College Baseball Data (1997 UD vs. Opponent)

Position	Play/Game (Ranges)	Distance	
		Mean	Range
Right Field	4.46	171.1'	30-280'
Center Field	5.49	162.3'	20-300'
Left Field	4.85	160.6'	20-320'

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