



Vanderbilt Sports Medicine

Knee Center *and* Shoulder Center

Catcher's Instructions- Baseball



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 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 3 and advance one step daily to step 13 following soreness rules.

B. Non-throwing arm injury

- After medical clearance, begin at step 1 and advance one step daily to step 13 following soreness rules.

C. Throwing arm-bruise or bone involvement

- After medical clearance, begin with step 1 and advance one step every other day to step 13 following soreness rules.

Catcher's Instructions-Baseball cont.

D. Throwing arm- tendon/ ligament injury (Mild)

- After medical clearance, begin with step 1 and advance one step 5 throwing every other day as soreness rules allow.
- Throw every third day for steps 6-9 as soreness rules allow.
- Return to throwing every other day as soreness rules allow for steps 10-13

E. Throwing arm- Tendon/ Ligament injury (Moderate, severe, or post op)

- After medical clearance, begin throwing at step 1
- For steps 1-5, advance no more than 1 step every 3 days with one day of active rest* following each workout day.
- For steps 6-13, advance no more than 1 step every 3 days with 2 day of active rest* following each workout day.

● Active rest workout

Warm up to 60'

Catch 5 pitches in squat but do not throw ball to pitcher

25 easy tosses 60-90'

Run 90' sprint after every 5 tosses

Catcher's Throwing Program

🟡 Phase I

- complete a warm-up lap around the field before each step
- all throws completed to tolerance, not to exceed 50% effort
- complete a 90' sprint before each set within each step
- rest 12 seconds between throws
- rest 8 minutes between sets

Step 1: Warm up to 30'
10 throws to 30'
10 throws to 30'
10 throws to 30'
10 throws to 30'
15 lobs to 60'

Step 4: Warm up to 90'
15 throws to pitcher
15 throws to pitcher*
15 throws to pitcher*
15 throws to pitcher*
15 lobs to 90'

Step 2: Warm up to 60'
10 throws to pitcher
10 throws to pitcher
10 throws to pitcher
15 lobs to 60'

Step 5: Warm up to 90'
20 throws to pitcher^^
20 throws to pitcher^^
20 throws to pitcher^^
20 throws to pitcher^^
20 lobs to 90'

Step 3: Warm up to 90'
10 throws to pitcher
10 throws to pitcher*
10 throws to pitcher
10 throws to pitcher*
15 lobs to 90'

*all throws in these sets are made after squatting for 8 seconds to simulate receiving a pitch.

^all throws in these sets are made at 50% effort.

Catcher's Throwing Program cont.

Phase Two

-all steps should begin with phase one, step five

-all throws in phase two are made after squatting for 8 seconds

Step 6: 7 throws at 70' (50%)
20 lobs to 90'

Step 10: 7 throws at 90' (75%)**
7 throws at 110' (50%)
20 lobs to 160'

Step 7: 7 throws at 80' (75%)
20 lobs to 120'

Step 11: 7 throws at 90' (100%)**
10 throws at 115' (50%)
20 lobs to 160'

Step 8: 12 throws at 90' (50%)
20 lobs to 160'

Step 12: 7 throws at 90' (100%)**
10 throws at 125' (75%)
20 lobs to 160'

Step 9: 7 throws at 90' (75%)**
5 throws at 100' (50%)
20 lobs to 160'

Step 13: 7 throws at 90' (100%)**
10 throws at 130' (100%)^^
20 lobs to 160'

** Throws to first or third base after receiving a pitch

^^10 throws to second base after receiving a pitch