



Vanderbilt Sports Medicine

Knee Center *and* Shoulder Center

Outfielder's Instructions- Softball

● 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 1 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 6 following soreness rules.

B. Non-throwing arm

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

C. Throwing arm- Bruise or bone involvement

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

Outfielder's Instructions- Softball cont.

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 rules allow with 1 day of active rest between each workout day (On active rest days you should throw the warm-up and ending tosses of the previous day's workout.)

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

- After medical clearance, begin with step 1. For the first 2 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.)

Softball Outfielder's 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 60'
Catch flys and throw to cutoff (50% effort) X 5
1-2 minutes rest between catches
15 tosses to 90'
- STEP 2 Warm-up toss to 90'
Catch flys and throw to cutoff (75% effort) X 5
1-2 minutes rest between catches
15 tosses to 120'
- STEP 3 Warm-up toss to 120'
Catch flys and throw to cutoff (75%) X 5
Catch flys and throw to base (75%) X 5
1-2 minutes between catches
15 tosses to 150'

Softball Outfielder's Throwing Program

- STEP 4 Warm-up toss to 120'
Catch flys and throw to cutoff (100%) X 5
Catch flys and throw to base (75%) X 5
1-2 minutes between catches
15 tosses to 150'
- STEP 5 Warm-up toss to 150'
Catch flys and throw to base (100%) X 5
Catch flys and throw to cutoff (100%) X 5
1-2 minutes between catches
20 tosses to 180'
- STEP 6 Return to regular practice and games

● Data (Collected from 36 games, 219 innings)

<u>Position</u>	<u>Plays/Game</u>	<u>Distance</u>	
		<u>Mean</u>	<u>Range</u>
Right field	1.78	86.95'	25-165'
Center field	2.17	85.83'	20-175'
Left field	2.44	77.50'	10-95'