



Vanderbilt Sports Medicine

Knee Center *and* Shoulder Center

Pitcher's Instructions- 13/14

● 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 1 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 1 step.
- If no soreness, advance 1 step every throwing day.

A. Baseline/ Preseason

- To establish a base for training and conditioning, begin with step 3 and advance 1 step daily to step 14 following soreness rules.

B. Non-throwing arm injury

- After medical clearance, begin step 3 and advance 1 step daily to step 16 following soreness rules.

C. Throwing arm- Bruise or bone involvement

- After medical clearance, begin with step 1 and advance program as soreness rules allow, throwing every other day.

D. Throwing arm- Tendon/ Ligament injury (Mild)

- After medical clearance, begin with step 1 and advance program to step 3 throwing every other day as soreness rules allow.
- Throw every third day on steps 4-8 as soreness rules allow.
- Return to throwing every other day as soreness rules allow for steps 9-16.

Pitcher's Instructions 13/14 cont.

- E. Throwing arm- Tendon/ Ligament injury (Moderate, severe, or post op)
- After medical clearance, begin throwing at step 1.
 - For steps 1-3, advance no more than 1 step every 3 days with 2 days of active rest (warm-up and long tosses) following each workout.
 - Steps 4-8 advance no more than 1 step every 3 days with 2 days active rest (see step 11) following each workout.
 - Advance steps 9-16 daily as soreness rules allow.

13/14 YEAR OLD BASEBALL PITCHERS INTERVAL THROWING PROGRAM

Phase I- Return to throwing All throws are @ 50% effort

STEP 1 Warm-up toss to 60'
15 throws @ 30'
15 throws @ 30'*
15 throws @ 30'
20 long tosses to 60'

STEP 2 Warm-up toss to 75'
15 throws @ 45'*
15 throws @ 45'*
15 throws @ 45'
20 long tosses to 75'

STEP 3 Warm-up toss to 90'
15 throws @ 60'*
15 throws @ 60'*
15 throws @ 60'
20 long tosses to 90'

Phase II- Return to Pitching Fastballs are from level ground Following crow hop

STEP 4 Warm-up toss to 105'
20 fastballs (50%)*
16 fastballs (50%)*
16 fastballs (50%)*
25 long tosses to 105'

STEP 5 Warm-up toss to 120'
20 fastballs (50%)*
20 fastballs (50%)*
20 fastballs (50%)*
25 long tosses to 120'

STEP 6 Warm-up toss to 120'
16 fastballs (50%)*
20 fastballs (50%)*
20 fastballs (50%)*
16 fastballs (50%)*
25 long tosses to 160'

* Rest 6 minutes after these sets

13/14 YEAR OLD BASEBALL PITCHERS INTERVAL THROWING PROGRAM

Phase III- Intensified Pitching

Pitches are from mound with normal stride

STEP 7	Warm-up toss to 120' 20 fastballs (50%)* 20 fastballs (75%)* 20 fastballs (75%)* 20 fastballs (50%)* 25 long tosses to 160'	STEP 11	(Active Rest) Warm-up toss to 120' 20 throws @ 60' (75%) 15 throws @ 80' (75%)* 20 throws @ 60' (7%) 15 throws @ 80' (75%)* 20 long tosses to 160'
STEP 8	Warm-up toss to 120' 20 fastballs (75%)* 21 fastballs (50%)* 20 fastballs (75%)* 21 fastballs (50%)* 25 long tosses to 160'	STEP 12	Warm-up toss to 120' 20 fastballs (100%)* 20 fastballs (75%) 6 off speed pitches (75%)* 20 fastballs (100%)* 20 fastballs (75%) 6 off speed pitches (75%)* 25 long tosses to 160'
STEP 9	Warm-up toss to 120' 25 fastballs (50%)* 24 fastballs (75%)* 24 fastballs (75%)* 25 fastballs (50%)* 25 long tosses to 160'	STEP 13	Warm-up toss to 120' 20 fastballs (75%) 4 throws to 1 st (75%)* 15 fastballs (100%) 10 off speed pitches (100%)* 20 fastballs (100%) 5 off speed pitches (100%)* 20 fastballs (75%) 4 throws to 1 st (75%)* 25 long tosses to 160'
STEP 10	Warm-up toss to 120' 25 fastballs (75%)* 25 fastballs (75%)* 25 fastballs (75%)* 20 fastballs (75%)* 25 long tosses to 160'		

* Rest 6 minutes after these sets

13/14 YEAR OLD BASEBALL PITCHERS INTERVAL THROWING PROGRAM

STEP 14	Warm-up toss to 120' 20 fastballs (100%) 5 throws to 1 st (100%)* 15 fastballs (100%) 10 off speed pitches (100%)* 20 fastballs (100%) 5 off speed pitches (100%)* 20 fastballs (75%) 5 throws to 1 st (75%)* 25 long tosses to 160'	STEP 15	Batting practice 90-100 pitches 10 throws to 1 st field bunts and comebacks
		STEP 16	Simulated game

Simulated Game

- 1) 10 minute warm-up of 50-80 pitches with gradually increasing velocity
- 2) 4 innings
- 3) 22-27 pitches per inning, including 15-20 fastballs
- 4) 6 minutes of rest between innings

* Rest 6 minutes after these sets