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PITCHER'S THROWING PROGRAM

Attention to mechanics Throw on line, sub-max, comfort zone Criteria for next level No pain or stiffness when throwing No pain or stiffness after throwing Effortless motion Accurate Every other day – may go to every 3rd day if fatigue/soreness persists 3 days at each level

45 FEET:

First day Warm-up throws at 20-45 feet 25 throws at 45 feet 1 set only Rest next day Warm-down throws

Level 2: Warm-up throws at 20-45 feet 25 throws at 45 feet 2 sets Rest 10 minutes between sets Warm-down throws Throw on alternate days

60 FEET:

Level 1 Warm-up throws at 20-60 feet 25 throws at 60 feet 2 sets Rest 10 minutes between sets Warm-down throws Throw on alternate days Level 2 Warm-up throws at 20-60 feet 25 throws at 60 feet 3 sets Rest 5-10 minutes between sets Warm-down throws Throw on alternate days

<u>90 FEET:</u>

Level 1 Light warm-up throws at 20-90 feet 25 throws at 90 feet 2 sets Rest 10 minutes between sets Warm-down throws Throw on alternate days.

Level 2

Light warm-up throws at 20-90 feet 25 throws at 90 feet 3 sets Rest 5-10 minutes between sets Warm-down throws Throw on alternate days

105 FEET:

Level 1 Warm-up throws at 20-105 feet 25 throws at 105 feet 2 sets Rest 10 minutes between sets Warm-down throws Throw on alternate days.

Level 2 Warm-up throws at 20-105 feet 25 throws at 105 feet 3 sets Rest 5-10 minutes between sets Warm-down throws Throw on alternate days

120 FEET "Hat drills"

Level 1 Warm-up throws at 20-120 feet Hat drill throws at 120 feet (25 throws) 2 sets Rest 10 minutes between sets Warm-down throws Throw on alternate days 10 minute toss on off day

Level 2 Warm-up throws at 20-120 feet Hat drill throws at 120 feet (25 throws) 3 sets Rest 5-10 minutes between sets Warm-down throws Begin flat ground pitching at 45 feet Throw on alternate days 10 minute toss on off day

MOUND PROGRAM:

Fast Ball (FB), Change (CH), Breaking Ball (BrB), Bullpen/Batting Practice (BP)

Level 1 Warm-up throws at 20-120 feet 1 set Hat drill throws at 120 feet 25 throws Rest 10 minutes Throw from mount (FB only) 50 foot throw – move catcher forward Warm-down throws Throw on alternate days 10 minute toss on off day Rotate as follows: Thr/Off/Thr/Off/Off/Thr/Off/Off

Level 2 Warm-up throws at 20-120 feet

1 set Hat drill throws at 120 feet 25 throws Rest 10 minutes Throw from mount (FB, CH: 1 of 5 CH) 35 throws 55 foot throw – move catcher forward Warm-down throws Throw on alternate days 10 minute toss on off day Rotate as follows: Thr/Off/Thr/Off/Off/Thr/Off/Off

Level 3 Warm-up throws at 20-120 feet 1 set Hat drill throws at 120 feet 25 throws Rest 10 minutes Throw from mount (FB, CH: 1 of 5 CH) 40 throws 55 foot throw – move catcher forward Warm-down throws Throw on alternate days 10 minute toss on off day Rotate as follows: Thr/Off/Thr/Off/Thr/Off/Thr/Off/Off

Level 4 Routine warm-up

Short Bullpen (1 of 5 BrB)8-10 minutesRoutine warm-down10 minute toss on off dayRotate as follows: BP/Off/BP/Off/Off/BP/Off/BP/Off/Off

Level 5 Routin	ne warm-up Short Bullpen (1 of 5 BrB) Routine warm-down	10-12 minutes
	10 minute toss on off day Rotate as follows: BP/Off/BP/Off/Of	f/BP/Off/BP/Off/Off
Level 6 Routin	-	
	Full Bullpen	12-15 minutes
	Routine warm-down	
	10 minute toss on off day	
	Rotate as follows: BP/Off/BP/Off/Of	f/BP/Off/BP/Off/Off
Level 7 Routin	ne warm-up	
	Short Batting Practice	8-10 minutes
	Routine warm-down	
	10 minute toss on off day	
	Rotate as follows: BP/Off/BP/Off/Of	f/BP/Off/BP/Off/Off
Level 8 Routin	ne warm-up	
	Short Batting Practice	10-12 minutes
	Routine warm-down	
	10 minute toss on off day	
	Rotate as follows: BP/Off/BP/Off/Of	f/BP/Off/BP/Off/Off
Level 9 Routin	ne warm-un	
	Batting Practice/Simulated Game	12-15 minutes
	Routine warm-down	12 13 millitetos
	10 minute toss on off day	
	Rotate as follows: BP/Off/BP/Off/Of	f/BP/Off/BP/Off/Off
Level 10	Routine Pre-game warm-up	
	Pitch in game (40 pitch count)	1-2 Innings
	Routine Post-game warm-down	
	Increase pitch count and innings base	d on progress
Pitchers Post	Injury Throwing Program	

- **Goal:** To establish a total body awareness and control of his throwing movement before being allowed to return to normal pitching duties.
- **Phase 1:** Player starts at a distance of 15 steps, 2-3 sets of 25 throws on a line with 5 minutes recovery between sets.

PASS – FAIL:

If the player can complete this task pain-free, then he may progress to Phase 2 and start the progressive throwing program. If the player can not complete Phase 1 or shows signs of poor range of motion, pain and discomfort – the program must stop at this point. The player will then return to the training room or physical therapy clinic for more treatment and functional work.

Coaching Point:

During all phases of the throwing program, the player must use correct footwork and proper throwing mechanics. This is a must and needs to be monitored to ensure that a controllable amount of stress is placed on the injured area.

Phase 2:

The player shoulder be going through this program, 2 days on, 1 day off. The player will perform only 1 step per day. The player must be pain-free, throw with good arm mechanics/footwork, and have good accuracy (75% of throws must hit in the center chest area) before the athlete may progress to the next step.

Pain with Throwing:

If the athlete experiences pain while throwing, he is to stop throwing at that point of the program, take the day off and drop back one phase in the throwing program the following day.

If the athlete experiences pain or soreness after throwing and the next day it does not improve after warm-up throwing, take the day off and drop back one phase in the throwing program the following day.

If the athlete does not experience pain or soreness while throwing, but experiences some soreness the following day and the soreness disappears after warm-up throwing, continue with the program at that step or phase. If the athlete experiences severe or chronic pain or soreness, he returns to the training room for more treatment and functional work. The athlete may need 1-2 days or more of rest and treatment before he returns to the throwing program. The athlete must be pain-free before he returns to the throwing program. If the athlete has been shut down from throwing for a period of time, he should drop back one to two phases or more in the throwing program from where he experienced pain.

Rehab Program

The athlete should throw first, perform the Hitting Progression program second (if position player), rehab exercises third, and finally finish with the strength and conditioning program (with modifications per injury).