

Appendix 3. Infielder Throwing Program.

- Complete a warm-up lab around the field before each step.
- Complete a 90' sprint before each set of throws within a step.
- Rest 12 seconds between throws and 8 minutes between sets.
- All warm-up and long tosses should begin with a "crow hop" and be thrown with limited arc.

<i>Step 1</i>	Warm-up toss to 60' 20 throws at 30' (50%) Field practice (50%): 5 throws at 30' 10 throws at 45' 10 throws at 60' 20 long tosses at 60'	<i>Step 4</i>	Warm-up toss to 120' 20 throws at 60' (50%) Field Practice (75%): 5 throws at 60' 10 throws at 90' 10 throws at 120' 20 tosses to 120'
<i>Step 2</i>	Warm-up toss to 75' 20 throws at 45' (50%) Field Practice (50%): 5 throws at 45' 10 throws at 60' 10 throws at 75' 20 tosses to 75'	<i>Step 5</i>	Warm-up toss to 150' 20 throws at 60' (75%) Field Practice (75%): 5 throws at 90' 10 throws at 90'* 5 throws at 120' 5 throws at 150' 20 tosses to 150'
<i>Step 3</i>	Warm-up toss to 90' 10 throws at 45' (50%) 10 throws at 60' (50%) Field practice (75%): 5 throws at 45' 10 throws at 60' 10 throws at 90' 20 tosses to 90'	<i>Step 6</i>	Simulated Game Warm-up toss to 180' 20 throws at 60' (50%) Field Practice (100%): 5 throws at 90' 5 throws at 90'* 5 throws at 120' 5 throws at 150' 5 throws at 180' 20 tosses to 180'

*Double Play

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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.

PROGRESSION

A. Baseline/Preseason. Begin with step 1 and advance 1 step daily as soreness rules allow.

B. Non-Throwing-Arm Injury. After medical clearance, begin at step 1 and advance 1 step daily, following soreness rules allow.

C. Throwing-Arm-Bruise or Bone Involvement.

- After medical clearance, begin with step 1 and advance 1 step every other day to step 6 as soreness rules allow.
- Once step 4 has been completed without soreness, throw the active rest program on off days.

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

- After medical clearance, begin with step 1. Throw every other day, but remain at step 1 for 1 week.
- After the first week, continue to throw every other day, repeating each step through step 6 as soreness rules allow.
- Once step 4 has been completed without soreness, throw the active rest program on off days.

E. Throwing Arm-Tendon/Ligament Injury (Moderate, Severe, or Post-Op)

- After medical clearance, begin throwing at step 1. For days 1-14, throw every 3-4 days. Remain at step 1.
- For days 15-28, throw step 2 every 2-3 days, but do not advance.
- From day 29 on, throw every third day, advancing program as soreness rules allow.
- Once step 4 has been completed without soreness, throw the active rest program on off days.

Active Rest Workout. Should only be used on off days and beyond step 4 if the athlete has no soreness.