

Infielder'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 warmup 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 warmup 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 warmup 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

- Begin with Step 1 and advance 1 step daily as soreness rules allow.

B. Non-throwing arm injury

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

C. Throwing arm- Bruise or bone involvement

- After medical clearance, begin with step 1 and advance one step every other day to step 6 as soreness rules allow.

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

- After medical clearance, begin with step 1. Throw every other day but do not advance beyond step 1 for the first week.
- After the first week, continue to throw every other day repeating each step through step 6 as soreness rules allow. On off days use active rest program below for workout.

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

- After medical clearance, begin with step 1. Days 1-14, throw every 3-4 days. Do not advance beyond step 1.
- For days 15-28, throw step 1 every 2-3 days but do not advance.
- From day 29 on, throw every third day advancing program as soreness rules allow. On off days use active rest program below for workout.

Active rest program

Warm up toss to 150'

5 throws each at 90, 120, and 150' at 50% effort

20 easy tosses to 150'

INFIELDER'S THROWING PROGRAM

GENERAL GUIDELINES

- complete a warm-up lap around the field before each step
- complete a 90' sprint before each set of throws within a step
- rest 12 seconds between throws
- rest 8 minutes between sets
- all throws with limited arc

FIELD DIMENSIONS

- 90' Home to 1st
- 90' home to 3rd
- 127' home to 2nd
- 156' home to outfield grass

Step 1 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'

Step 4: Warm up toss to 150'
 20 throws at 60' (75%)
 Field Practice (75%)
 5 throws at 90'
 10 throws at 90' D.P.
 5 throws at 120'
 5 throws at 150'
 20 tosses to 150'

Step 2: 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'

Step 5: Warm up toss to 180'
 20 throws at 60' (50%)
 Field Practice (100%)
 5 throws at 90'
 5 throws at 90' D.P.
 5 throws at 120'
 5 throws at 150'
 5 throws at 180'
 20 tosses to 180'

Step 3: 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'

Step 6: Return to regular practice and games

Data for Infielder's Throwing Program

Professional Baseball Data (1986 Houston Astros/opponents)

13 yo Baseball Data (50 Little League Games, 307 Innings)

Position	Play/Game (Ranges)	Distance		
		Mean	Median	Range
First Base	2.5	61.0'	65.0'	11-228'
Second Base	2.8	72.1'	65.7'	18.5-208.3'
Third Base	2.8	98.3'	114.6'	6.1-208.3'
Short Stop	3.5 (3-8)	89.0'	101.2'	7.7-161.2'
Short Stop*	12 (3-23)		100'	10-180'
	(Effort: mean=87%, range=85-100%)			

Position	Plays/Game	Distance	
		Mean	Range
First Base	9.62	66.76'	15-130'
Second Base	6.18	71.93'	10-140'
Third Base	4.66	73.15'	20-140'
Short Stop	7.84	74.67'	10-150'

* College Baseball Data (38 Division 1/Top 25 games, UD Hens/opponents)
 -includes around the horn

**University of Delaware
 Physical Therapy Department
 Newark, DE 19716**