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## PRESEASON THROWING PROGRAM

Shoulder and elbow injuries are common in the throwing sports. To prevent these painful and disabling injuries, normal strength and mobility of the arm are needed prior to competitive participation. The muscles and ligaments of the arm can safely accommodate to the stresses of throwing if they are given adequate time to do so. The following Preseason Throwing Program is designed to gradually stretch and strengthen the arm prior to full-speed throwing. If pain in **the arm occurs at any time in the program**, stop and rest. When pain free, resume the program with the week you developed pain, minus the number of weeks spent resting. If pain recurs, consult a physician.

Each week is constructed around a 2-day throw, 1-day rest, 2-day throw, 2-day rest schedule, for instance:

|           |           |       |
|-----------|-----------|-------|
| Day One   | Monday    | Throw |
| Day Two   | Tuesday   | Throw |
| Day Three | Wednesday | Rest  |
| Day Four  | Thursday  | Throw |
| Day Five  | Friday    | Throw |
| Day Six   | Saturday  | Rest  |
| Day Seven | Sunday    | Rest  |

Throwing utilizes all the muscles in the body. Total body strengthening and aerobic conditioning will prevent muscle fatigue and help eliminate injuries. All throwing days should be started with a cardiovascular warm-up and conditioning program (jogging, calisthenics, etc.) and stretching exercises emphasizing both the total body and the throwing arm.

Throwing should always be started with a warm-up (tossing, lobbing) and a gradual increase up to the intensity and distance level set for that day.

| <b>WEEK</b> | <b>DAY</b> | <b>THROW INTENSITY (MAXIMUM):</b> | <b>THROWING DISTANCE (MAXIMUM)</b> | <i>TIME</i><br><b>(MAXIMUM MINUTE )</b> |
|-------------|------------|-----------------------------------|------------------------------------|---|
| 1           | 1          | toss                              | 20 feet                            | 15                                      |
|             | 2          | toss                              | 40 feet                            | 15                                      |
|             | 4          | lob                               | 30 feet                            | 20                                      |
|             | 5          | lob                               | 60 feet                            | 20                                      |
| 2           | 1          | lob                               | 30 feet                            | 20                                      |
|             | 2          | lob                               | 60 feet                            | 30                                      |
|             | 4          | long, easy                        | mid outfield<br>(roll home)        | 20                                      |
|             | 5          | long, easy                        | mid outfield<br>(roll home)        | 30                                      |
| 3           | 1          | lob                               | 60 feet                            | 30                                      |
|             | 2          | long, easy                        | mid outfield<br>(roll home)        | 30                                      |
|             | 4          | 1/2 speed                         | base to base                       | 30                                      |
|             | 5          | 1/2 speed                         | short outfield<br>(1-2 bounces)    | 30                                      |
| 4           | 1          | 1/2 speed                         | base to base                       | 30                                      |
|             | 2          | 1/2 speed                         | short outfield<br>(1-2 bounces)    | 30                                      |
|             | 4          | 3/4 speed                         | base to base                       | 30                                      |
|             | 5          | 3/4 speed                         | short outfield<br>(1-2 bounces)    | 30                                      |
| 5           | 1          | 1/2 speed                         | base to base                       | 30                                      |
|             | 2          | 3/4 speed                         | base to base                       | 30                                      |
|             | 4          | 1/2 speed                         | normal position                    | 30                                      |
|             | 5          | 3/4 speed                         | normal position                    | 30                                      |
| 6           | 1          | 3/4 speed                         | base to base                       | 30                                      |
|             | 2          | 3/4 speed                         | normal position                    | 30                                      |
|             | 4          | full speed                        | base to base                       | 30                                      |
|             | 5          | full speed                        | normal position                    | 30                                      |