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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.

WEEK	DAY	THROW INTENSITY (MAXIMUM):	THROWING DISTANCE (MAXIMUM)	<i>TIME</i> (MAXIMUM MINUTE)
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 (roll home)	20
	5	long, easy	mid outfield (roll home)	30
3	1	lob	60 feet	30
	2	long, easy	mid outfield (roll home)	30
	4	1/2 speed	base to base	30
	5	1/2 speed	short outfield (1-2 bounces)	30
4	1	1/2 speed	base to base	30
	2	1/2 speed	short outfield (1-2 bounces)	30
	4	3/4 speed	base to base	30
	5	3/4 speed	short outfield (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