

Pitching Injuries - Rehab Throwing Program For Baseball Pitchers

By **Kris Benson**, Baltimore Orioles pitcher

This pitchers' throwing program is designed for the baseball pitcher to work at his own pace to develop the necessary arm strength to begin throwing from a mound. It is important to recognize that this pattern of throwing has been designed to introduce added load to your joints in a safe progression. You are to throw two days in a row and then rest for one, throw two days in a row and then rest for two. It is not important and not encouraged to progress to the next throwing level with each outing. It is preferred that you throw comfort at the same level on two consecutive outings before progressing. It is important to throw with comfort which may necessitate you moving back a level on occasion. For example, if on the second consecutive day of throwing you do not feel you can complete the exercise without difficulty, move back a level. It is rare any athlete progresses through the program without moving back a level on one or often more outings.

| Level | Throws/Feet | Throws/Feet | Throws/Feet |
|-------|-------------|-------------|-------------|
| One | 25 25 | 25 60 | |
| Two | 25 25 | 50 60 | |
| Three | 25 25 | 75 60 | |
| Four | 25 25 | 50 60 | 25 90 |
| Five | 25 25 | 50 60 | 25 120 |
| Six | 25 25 | 50 60 | 25 150 |
| Seven | 25 25 | 50 60 | 25 180 |
| Eight | 25 25 | 50 60 | 25 210 |
| Nine | 25 25 | 50 60 | 25 240 |

As you can see the load increase through the first three levels occurs at the distance of 60 feet. From level four through nine the load increases by adding distance with a controlled number of throw. Throwing long increases arm strength, arm speed and is important to re-educate the deceleration process. Once you have completed the nine levels of throwing we will increase the load by increasing the number of throws at the distance of 60 feet. Add no more than ten throws per double throwing session. Once you have achieved 25 warm-ups at 25 feet, 100 throws at 60 feet and 25 throws at 240 feet you will be ready for work from the mound. If your position is other than a pitcher you will be ready to begin skill work.

***Kris Benson** has been a starting pitcher for more than 7 years in the big leagues, most recently with the Baltimore Orioles.*