

# Brad C. Carofino, M.D.

## Shoulder Specialist

Team Physician: Norfolk Tides

Phone 757-321-3300

Athletic Trainer: Brice A. Snyder 757-679-3407



## Interval Throwing Program for: Returning Softball Pitchers

### Soreness Rules

If no soreness, advance to the next throwing day.

If sore during warm-up but soreness is gone within the first 15 throws, repeat the previous workout.

If shoulder becomes sore during the days' workout, stop and take 2 days off.  
Upon return to throwing, drop down one step.

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 warm-up and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down to the previous day

### General rules

1. Break a sweat
2. Shoulder stretches
3. Throwing program
4. Rotator cuff strengthening
5. Shoulder stretches
6. Ice for 20 min after practice

### Warm-up

-Begin at 20' (6.10 m) and advance 20' (6.10 m) at a time, throwing 3–5 times at each distance at 50% effort until reaching the "throws distance" for that workout.

-Begin all throws with a crow-hop.

STEP	DAY	NUMBER OF SETS	NUMBER OF THROWS	DISTANCE (ft')
<b>Phase 1 Guidelines: Early Throwing</b>		All Long tosses begin with a crow-hop. All throws are to tolerance to maximum 50% effort.		
<b>1</b>	<b>1</b>	<b>2</b>	<b>10</b>	<b>30'</b>
		<b>1</b>	<b>10</b>	<b>40' use crow-hop</b>
	<b>2</b>	<b>OFF</b>		
		<b>3</b>	<b>2</b>	<b>10</b>
		<b>1</b>	<b>10</b>	<b>40' use crow-hop</b>
	<b>4</b>	<b>OFF</b>		
<b>2</b>	<b>5</b>	<b>2</b>	<b>10</b>	<b>45'</b>
		<b>1</b>	<b>10</b>	<b>60' use crow-hop</b>
	<b>6</b>	<b>OFF</b>		
		<b>7</b>	<b>2</b>	<b>10</b>
		<b>1</b>	<b>10</b>	<b>60' use crow-hop</b>
	<b>8</b>	<b>OFF</b>		

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3	9	2 1	10 10	60' 75' use crow-hop
	10	OFF		
	11	2 1	10 25	60' 75' use crow-hop
	12	OFF		
4	13	2 1	10 10	75' 90' use crow-hop
	14	OFF		
	15	2 1	10 10	75' 90' use crow-hop
	16	OFF		
5	17	2 1	10 10	90' 105' use crow-hop
	18	OFF		
	19	2 1	10 10	90' 105' use crow-hop
	20	OFF		
6	21	2 1	10 10	105' 120' use crow-hop
	22	OFF		
	23	2 1	10 10	105' 120' use crow-hop
	24	OFF		
<b>Phase II Guidelines: Initiation of pitching</b>		<b>All Pitches are fastballs (no off-speed pitches).</b> <b>All pitches to tolerance or maximum effort level specified.</b> <b>All long tosses begin with a crow-hop.</b>		
7	25	2 1/1 1	10 5/10 10	60' 20' (fastballs)
	26	OFF		
	27	2 1/1 1	10 5/10 10	60' 20' (fastballs) 120' use crow-hop
	28	OFF		
8	29	2 1 1	10 10 10	60' 35' (fastballs) 120' use crow-hop
	30	OFF		
	31	2 1 1	10 10 10	60' 35' (fastballs) 120' use crow-hop
	32	OFF		
9	33	2	10	60'

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		2 1	10 15	46' (fastballs) 120' use crow-hop
	34	OFF		
	35	2 2 1	10 10 15	60' 46' (fastballs) 120' use crow-hop
	36	OFF		
10	37	2 3 1	10 10 15	60' 46' (fastballs) 120' use crow-hop
	38	OFF		
	39	2 3 1	10 10 15	60' 46' (fastballs) 120' use crow-hop
	40	OFF		
Phase III Guidelines Intensified Pitching		-Pitch sets 11-15 consist of 1 fastball to 1 off-speed pitch at effort level specified. -Pitch sets 16-21 consist of a percentage of pitches that match the preinjury pitch mix specific to the athlete at the effort level specified. -Begin each step with warm-up toss to 120'. -Rest 8 minutes after each pitching set		
11	41	2/1 3 1	2/1 15 20	Throw to each base (75%) Pitches (50%) 120' use crow-hop
	42	OFF		
	43	2/1 3 1	2/1 15 20	Throw to each base (75%) Pitches (50%) 120' use crow-hop
	44	OFF		
12	45	2/1 4 1	2/1 15 20	Throw to each base (75%) Pitches (50%) 120' use crow-hop
	46	OFF		
	47	2/1 4 1	2/1 15 20	Throw to each base (75%) Pitches (50%) 120' use crow-hop
	48	OFF		
13	49	2/1 3 1 1	2/1 15 15 20	Throw to each base (75%) Pitches (50%) Pitches (75%) 120' use crow-hop
	50	OFF		
14	51	2/1 2 2 1 1	2/1 15 15 20 20	Throw to each base (75%) Pitches (50%) Pitches (75%) Pitches (50%) 120' use crow-hop
	52	OFF		

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15	53	2/1 5 1	2/1 15 20	Throw to each base (100/75%) Pitches (75%) 120' use crow-hop
	54	OFF		
16	55	1/1 2 3 1	1/1 15 20 20	Throw to each base (100/75%) Pitches 100% Pitches 75% 120' use crow-hop
	56	OFF		
17	57	1/1 3 1 1 1	1/1 15 20 15 20	Throw to each base (100%) Pitches 100% Pitches 75% Pitches 75% 120' use crow-hop
	58	OFF		
18	59	1/1 3 3 1	1/1 20 15 20	Throw to each base (100%) Pitches 100% Pitches 100% 120' use crow-hop
	60	OFF		
19	61	1/1 3 4 1	1/1 20 15 20	Throw to each base (100%) Pitches 100% Pitches 100% 120' use crow-hop
	62	OFF		
20	63	Batting Practice 100-120 pitches 1 100% throw to each base per 25 pitches		
	64	OFF		
21	65	Simulated game 7 innings 18-20 pitches/inning 8-min rest between innings		