



ORTHOPAEDIC SPECIALISTS OF NORTH CAROLINA

Orthopaedic Surgery Sports Medicine Physical Medicine & Rehabilitation Spine Care Joint Replacement

GALLAND/KIRBY LITTLE LEAGUE BASEBALL INTERVAL THROWING PROGRAM: PHASE I - LONG TOSS

- All baseball players must begin re-entry with long toss
- All throwing must be painfree
- Emphasize a “crow-hop” throw with follow-through
- Emphasize a high arc on the ball; no hard, ground-level throwing
- Always warm-up first: jog, stretch, light toss (15-30 feet)
- Soreness to expected; rest and use ice or heat between throwing days
- Continue a maintenance strengthening program; perform after throwing
- Once able to complete 75 throws at 90 feet, begin gradual return to position

STEP	DISTANCE	ROUTINE		STEP	DISTANCE	ROUTINE	
1	30'	A.) Warm-up B.) 25 throws C.) Rest	D.) Warm-up E.) 25 throws	5	60'	A.) Warm-up B.) 25 throws C.) Rest	D.) Warm-up E.) 25 throws
2	30'	A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up	E.) 25 throws F.) Rest G.) 25 throws	6	60'	A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up	E.) 25 throws F.) Rest G.) 25 throws
3	45'	A.) Warm-up B.) 25 throws C.) Rest	D.) Warm-up E.) 25 throws	7	90'	A.) Warm-up B.) 25 throws C.) Rest	D.) Warm-up E.) 25 throws
4	45'	A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up	E.) 25 throws F.) Rest G.) 25 throws	8	90'	A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up	E.) 25 throws F.) Rest G.) 25 throws
WARM-UP: LIGHT TOSS x10 MINUTES @ 15-30 FEET				REST: ODD STEPS x15 MINUTES, EVEN STEPS: x10MINUTES			

PITCHERS: Progress to re-entry program from mound

POSITIONAL PLAYERS: Progress to re-entry program from position

BATTING: With physician approval, progress to re-entry program for hitters

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ADAPTED FROM:
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