

The Sports Medicine Specialists

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Long Toss - Short Toss Program

1. Warm up sufficiently to break a sweat.
2. Complete the required stretching routine.
3. Make a few lazy throws at a distance of about 10 - 15 feet using proper throwing mechanics.
4. Perform ***LONG TOSS*** from deep center field throwing to second base. Throw continuously for 5 minutes, paying strict attention to proper body mechanics.
5. Perform **#SHORT TOSS#** for 5 minutes, paying particular attention to proper mechanics. DO NOT throw any breaking pitches.
6. Repeat stretching exercises.
7. Ice massage for 15 - 20 minutes (until shoulder is numb).
8. Perform this program 3 - 5 times per week. The program may be done twice daily.
9. Advance to the next stage every 1 - 2 weeks as allowed by pain. If pain is experienced, regress one stage.

	LONG TOSS	#SHORT TOSS#
Stage I	Ball just rolls into 2nd base.	1/2 speed at 30 feet.
Stage II	Ball gets to 2nd base on 4 - 5 bounces.	1/2 speed at 60 feet.
Stage III	Ball gets to 2nd base on 1 bounce.	3/4 speed at 60 feet.
Stage IV	Ball gets to 2nd base on the fly.	Full speed at 60 feet.
Stage V	Ball gets to 2nd base on the fly.	Return to respective position.