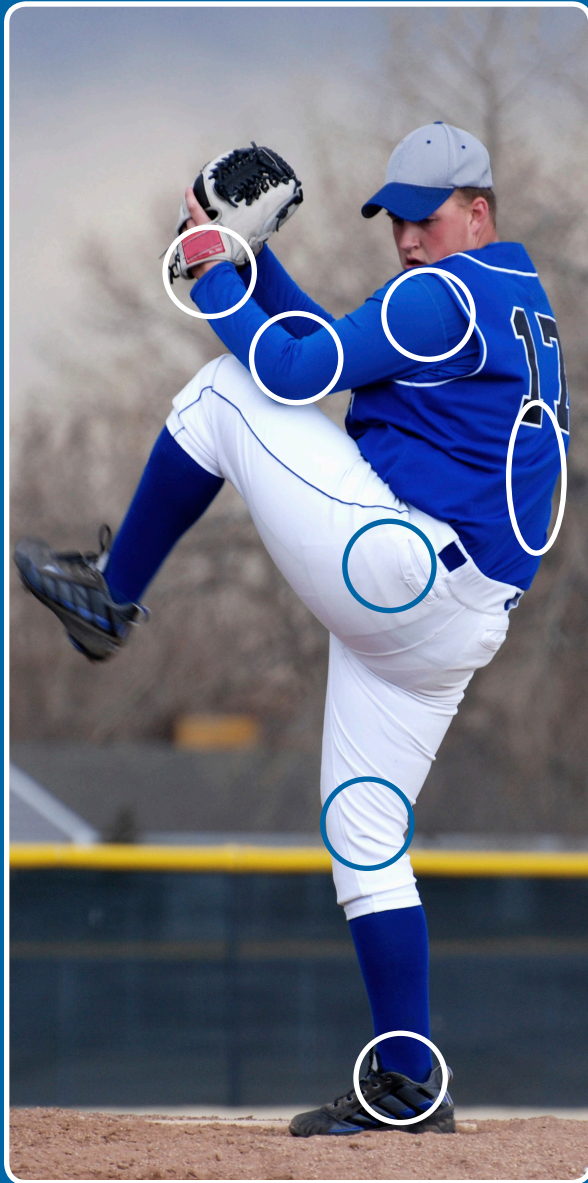


INTEGRATION



Key Links in the Kinetic Chain

- Wrist
- Elbow
- Shoulder
- Spine
- Hip
- Knee
- Ankle

PITCH COUNTS

Pitch count limits pertain to pitches thrown in games only. These limits do not include throws from other positions, instructional pitching during practice sessions or throwing drills. Each of these is important in the development of technique and strength.

Recommendations

Below are recommended pitch count limits by age group in accordance with USA Baseball, the governing body for amateur baseball.

Age Group	Pitches
9-10 years old	50 per game
	75 per week
	1,000 per season
	2,000 per year
11-12 years old	75 per game
	100 per week
	1,000 per season
	3,000 per year
13-14 years old	75 per game
	125 per week
	1,000 per season
	3,000 per year

Contact

For more information on the program, pricing and packages, call (952) 512-5647 or contact SpecialtyPrograms@TCOmn.com.

INTERVAL THROWING PROGRAM



SPECIALIZED BASEBALL POSITION-SPECIFIC THROWING PROGRAM

TCOmn.com



PROGRAM OVERVIEW

Objectives

Twin Cities Orthopedics' Interval Throwing Program integrates the most current concepts in injury prevention with research-based return to throwing progressions. Many throwing programs only address the arm and not the entire body. We have combined dynamic movement patterns, corrective exercise and data-based throwing progressions to enhance the entire thrower, not just the throwing arm. This integrated approach is essential for injury prevention and will provide the optimal set-up for a coach to maximize a players potential.

Proper throwing form and body mechanics are emphasized throughout each step of the program. The importance of proper form and mechanics are pillars of the program and are reflected in all of TCO's injury prevention and return to play programs.

All of the throwing progressions utilize USA Baseball soreness rules, which are listed on the back of this brochure. These rules are essential to any throwing program and need to be followed precisely.

Throwing Injury Factors

There are many factors that can contribute to throwing injury. A weak link anywhere in a thrower's body can create issues for an athlete. One area of major concern

is the athlete's "core," which affects multiple joints in the body, including the shoulder and elbow. The working relationship between the core, lower body and upper body are essential when focusing on injury prevention.

Evaluation

Prior to beginning the program each athlete will be evaluated by a specialty-trained throwing program Physical Therapist. These evaluations will include:

- ROM in the throwing arm, non-throwing arm, thoracic spine, hips and ankles
- Functional Movement Screening
- Rotator cuff strength
- Scapular function
- Posture
- Core and lower extremity strength

The information obtained in the initial evaluation will be used to construct an individualized throwing program for each athlete. The length of the program will be determined by the needs of each individual athlete.



GUIDELINES

Pitchers & Players Should Avoid:

- Throwing breaking pitches (curveballs, sliders, etc.) in competition until having physically matured (typically around age 13).
- Backyard pitching practice after having pitched a game.
- Pitching for more than one team in overlapping seasons.
- Playing baseball or participating in throwing drills or other stressful overhead activities for at least three months each year.

Pitchers & Players Should:

- Focus on good mechanics, throwing fastballs and change-ups with an emphasis on control.
- Work to develop proper mechanics at a young age.
- Include additional year-round physical conditioning as their body develops.
- Allow time to appropriately rest and recover when training or preparing to participate in a showcase.

All information courtesy of USABaseball.com