

Baseball Pitching Interval Throwing Program

- Program performed 3-4x per week with a rest day between and ice after each session*
- All throws should be on a line (not max effort) with none rising over 10 ft high
- Weekly videotaping of throwing is helpful to assess maintenance of delivery and form
- A warm-up period of jogging followed by full body stretching is expected prior to begin throwing

Progression to advance to next level stage of program requires no medial elbow/shoulder pain/stiffness and maintenance of strength/form during final set

Program performed 3-4x per week and ice after each session

Soreness is to be expected but no medial elbow pain. If this is painful, please contact physician

Stage 1

- 20 throws at 20 ft (warm up)
- 25-40 throws at 30-40 ft
- 10 throws at 20 ft (cool down)

Stage 2

May use an easy wind-up delivery on alternate days

- 10 throws at 20 ft (warmup)
- 10 throws at 30-40 ft
- 30-40 throws at 50 ft
- 10 throws at 20-30 ft (cool down)

Stage 3

Do not throw with more than 50% max effort and no more than 60 ft

- 10 throws at 30 ft (warm up)
- 10 throws at 40-45 ft
- 30-40 throws at 60-70 ft
- 10 throws at 30 ft (cool down)

Stage 4

Primary goal: Gradual increase to maximum of 150 ft toss

PHASE 1 of Ramp up

- 10 throws at 40 ft (warm up)
- 10 throws at 50-60 ft
- 15-20 throws at 70-80 ft
- 10 throws at 50-60 ft
- 10 throws at 40 ft (cool down)

PHASE 2 of Ramp up

- 10 throws at 40 ft (warm up)
- 10 throws at 50-60 ft
- 20-30 throws at 80-90 ft
- 20 throws at 50-60 ft
- 10 throws at 40 ft (cool down)

PHASE 3 of Ramp up

- 10 throws at 40 ft (warm up)
- 10 throws at 60 ft
- 15-20 throws at 100-110 ft
- 20 throws at 60 ft
- 10 throws at 40 ft (cool down)

PHASE 4 of Ramp up

- 10 throws at 40 ft (warm up)
- 10 throws at 60 ft
- 15-20 throws at 120-150 ft
- 20 throws at 60 ft
- 10 throws at 40 ft (cool down)

Stage 5

Primary goal: Progress to throwing off mound with no more than 50-75% max effort.

Use proper mechanics: Stay on top of ball, throw over the top with elbow up, follow through with arm and trunk

PHASE 1

- 10 throws at 60 ft (warm up)
- 10 throws at 120-150 ft (lobs)
- 30 throws at 45 ft (off mound)
- 10 throws at 60 ft (off mound)
- 10 throws at 40 ft (cool down)

PHASE 2

- 10 throws at 50 ft (warm up)
- 10 throws at 120-150 ft (lobs)

- 20 throws at 45 ft (off mound)
- 30 throws at 60 ft (off mound)
- 10 throws at 40 ft (cool down)

PHASE 3

- 10 throws at 50 ft (warm up)
- 10 throws at 60 ft
- 10 throws at 120-150 ft (lobs)
- 10 throws at 45 ft (off mound)
- 30 throws at 60 ft (off mound)
- 10 throws at 40 ft (cool down)

PHASE 4

- 10 throws at 50 ft (warm up)
- 10 throws at 120-150 ft (lobs)
- 10 throws at 45 ft (off mound)
- 40-50 throws at 60 ft (off mound)
- 10 throws at 40 ft (cool down)

Stage 6

Primary goal: Simulation games at near maximum effort

At this time, if throwing without medial elbow pain at 75% effort, begin throwing simulation games at near max effort, every other day.

DAY 1

- 10 throws at 120-150 ft (lobs)
- 10 throws at 60 ft (off mound)
- 40 pitches at 60 ft (off mound)
- Rest period
- 20 pitches at 60 ft (off mound)

DAY 2 OFF

DAY 3

- 10 throws at 120-150 ft (lobs)
- 10 throws at 60 ft (warm ups off mound)
- 30 pitches at 60 ft (off mound)
- Rest period
- 10 throws at 60 ft (warm ups off mound)
- 20 pitches at 60 ft (off mound)
- Rest period
- 10 throws at 60 ft (warm ups off mound)
- 20 pitches at 60 ft (off mound)

DAY 4 OFF

DAY 5

- 10 throws at 120-150 ft (lobs)
- 10 throws at 60 ft (warm ups off mound)
- 30 pitches at 60 ft (off mound)
- Rest period
- 20 pitches at 60ft (off mound)
- Rest period
- 20 pitches at 60ft (off mound)
- Rest period
- 20 pitches at 60ft (off mound)

Stage 7

Primary goal: Throwing batting practice and bullpens.

**Begin normal routine of throwing batting practice to pitching in bullpen.
Program will be adjusted as needed by physician, ATC or physical therapist.**

Stage 8

Primary goal: full return to pitching

- Readiness for full return will be made by physician and therapist/ATC based on overall conditioning and throwing mechanics