

INTERVAL THROWING PROGRAM (2019)

An interval throwing program transitions the thrower back to the playing field. None of the exercises performed in rehabilitation or training can truly reproduce the forces and loads of throwing. The program prepares the thrower for the workloads required for competition. It may be utilized by players rehabilitating from injury or surgery, as well as by a healthy player training in the off-season. This interval throwing program is designed to minimize the chance of re-injury and can be adapted for pitchers and all position players.

The program:

- Progresses throwing volume, intensity, distance and rest
- Consists of long tosses to improve arm strength and short tosses of higher intensity to reproduce the demands of each position
- Is designed to be progressed individually based on any symptoms the player may have

Prior to beginning the program, the player should be cleared by a physician and physical therapist. Strength, ROM and flexibility should be normal and the player should be asymptomatic. Proper mechanics should be emphasized. Throwing velocity should only be sufficient to reach to target.

Stretching and an active warm-up are encouraged to elevate one's core temperature prior to throwing. This is critical to minimize the chance of re-injury.

Dull pain or soreness is not uncommon during this program. However one should never attempt to throw through sharp pain. If this pain persists, one should consult with their physician.

Finally, when beginning the throwing program, players should continue their training program to maintain strength, flexibility and endurance, as there is a tendency to "break down" as one begins advancing the throwing distance.

Instructions: (Non-operative, mild injury)

- Warm-up and stretching to be performed prior to throwing
- If the athlete has sharp pain during throwing **STOP** immediately until pain ceases. Contact Physician or Physical Therapist with continued pain
- Crow-hop or side step should be used for flat ground throwing
- If step is performed pain free PERFORM IT TWICE before moving to the next step
- Do not continue with throwing if pain and soreness is noticed. Stop step for that day and return to same step after additional rest day.
- Phase 1-6 : 50% effort
- Phase 7-10: 75% effort
- Phase 10+ : 100% effort

Instructions: (Tendon/ligament injury : Severe/Post-op)

- Warm-up and stretching to be performed prior to throwing
- If the athlete has sharp pain during throwing **STOP** immediately until pain ceases. Contact Physician or Physical Therapist with continued pain
- Crow-hop or side step should be used for flat ground throwing
- Phase 1-12: PERFORM EACH STEP **THREE TIMES** without pain before advancing to next step.
- Throw every 3 days with 2 days of active rest following each workout.
- Phase 12 +: If step is performed pain free PERFORM IT TWICE before moving to the next step

PHASE 1 (50%)		
Distance	Number of throws	Rest
30'	20	5 minutes
30'	20	10 minutes
45'	10	
PHASE 2 (50%)		
Distance	Number of throws	Rest
30'	20	5 minutes
30'	20	10 minutes
45'	20	
PHASE 3 (50%)		
Distance	Number of throws	Rest
45'	20	5 minutes
45'	20	10 minutes
60'	10	
PHASE 4 (50%)		
Distance	Number of throws	Rest
45'	20	5 minutes
45'	20	10 minutes
60'	20	
PHASE 5 (50%)		
Distance	Number of throws	Rest
60'	20	5 minutes
60'	20	10 minutes
75'	10	
PHASE 6 (50%)		
Distance	Number of throws	Rest
60'	20	5 minutes
60'	20	5 minutes
75'	20	
PHASE 7 (75%)		
Distance	Number of throws	Rest
75'	15	5 minutes
75'	15	10 minutes
90'	10	
PHASE 8 (75%)		
Distance	Number of throws	Rest
75'	20	5 minutes

75'	15	10 minutes
90'	15	
PHASE 9 (75%)		
Distance	Number of throws	Rest
90'	20	5 minutes
90'	20	10 minutes
120'	10	
PHASE 10 (75%)		
Distance	Number of throws	Rest
90'	20	5 minutes
90'	20	10 minutes
120'	20	
PHASE 11 (100%)		
Distance	Number of throws	Rest
90'	10	5 minutes
120'	20	10 minutes
120'	20	
PHASE 12 (100%)		
Distance	Number of throws	Rest
120'	20	10 minutes
120'	20	10 minutes
120'	20	
PHASE 13* (Optional)		
Distance	Number of throws	Rest
120'	10	5 minutes
150'	20	5 minutes
150'	20	
PHASE 14* (Optional)		
Distance	Number of throws	Rest
150'	20	10 minutes
150'	20	10 minutes
150'	20	
PHASE 15 * (Optional)		
Distance	Number of throws	Rest
150'	15	5 minutes
180'	20	10 minutes
180'	20	
PHASE 16 * (Optional)		
Distance	Number of throws	Rest
180'	20	10 minutes
180'	20	10 minutes
180'	20	

Following Phase 16, position players progress to position specific drills and then to simulated games. Pitchers progress to the following Pitching Program.

PITCHING PROGRAM

PHASE 1: FLAT GROUND (75%)		
Distance	Number of throws	Rest
60'	15	5 minutes
90'	15	5 minutes
60' (Using pitching mechanics)	15	
PHASE 2: FLAT GROUND (100%)		
Distance	Number of throws	Rest
60'	10	5 minutes
90'	15	5 minutes
60' (Using pitching mechanics)	15	
PHASE 3: FLAT GROUND/ MOUND		
Distance	Number of throws	Rest
60' (Flat Ground 75%)	20	5 minutes
20 Fastballs at 50% (Mound)		5 minutes
10 Fastballs at 50% (Mound)		
PHASE 4		
Distance	Number of throws	Rest
60' (Flat Ground 75%)	20	5 minutes
20 Fastballs at 50% (Mound)		5 minutes
15 Fastballs at 50% (Mound)		
PHASE 5		
Distance	Number of throws	Rest
60' (Flat Ground 75%)	15	5 minutes
20 Fastballs at 50% (Mound)		5 minutes
15 Fastballs at 50% (Mound)		5 minutes
10 Fastballs at 50% (Mound)		
PHASE 6		
Distance	Number of throws	Rest
60' (Flat Ground 75%)	15	5 minutes
20 Fastballs at 50%		5 minutes
15 Fastballs at 75%		5 minutes
10 Fastballs at 75%		
PHASE 7		
Distance	Number of throws	Rest
60' (Flat Ground 75%)	15	5 minutes
20 Fastballs at 50%		5 minutes
20 Fastballs at 75%		5 minutes
15 Fastballs at 75%		
PHASE 8		
Distance	Number of throws	Rest
60' (Flat Ground 75%)	15	5 minutes

20 Fastballs at 75%		5 minutes
20 Fastballs at 75%		5 minutes
20 Fastballs at 75%		
PHASE 9		
Distance	Number of throws	Rest
60' (Flat Ground 75%)	15	5 minutes
20 Fastballs at 75%		5 minutes
20 Fastballs at 75%		5 minutes
20 Fastballs at 100%		
PHASE 10		
Distance	Number of throws	Rest
60' (Flat Ground 75%)	15	10 minutes
20 Fastballs at 100%		10 minutes
15 Breaking balls & Changeups		10 minutes
20 Fastballs at 100%		10 minutes
PHASE 11		
Distance	Number of throws	Rest
60' (Flat Ground 75%)	15	5 minutes
20 Fastballs at 100%		10 minutes
15 Breaking Balls & Changeups		10 minutes
20 Fastballs at 100%		
10 Breaking Balls & Changeups		
PHASE 12		
Distance	Number of throws	Rest
60' (Flat Ground 75%)	15	5 minutes
15 Fastballs at 100%		
10 Breaking Balls & Changeups		10 minutes
15 Fastballs at 100%		
10 Breaking Balls & Changeups		10 minutes
15 Fastballs at 100%		
PHASE 13		
Distance	Number of throws	Rest
60'	10	2 minutes
90'	10	2 minutes
120'	5	2 minutes
Batting Practice:	60 pitches	
PHASE 14		
Distance	Number of throws	Rest
60'	10	2 minutes
90'	10	2 minutes
120'	5	2 minutes
Batting Practice:	70 pitches	
PHASE 15		
Simulated Game		
*The simulated game is to be designed specifically for each individual pitcher		