

Interval Throwing Program for Baseball Players

The Interval Throwing Program (ITP) is designed to gradually return motion, strength, and confidence in the throwing arm after injury or surgery by slowly progressing through graduated throwing distances. The ITP is initiated upon clearance by the athlete's physician to resume throwing and performed under the supervision of the rehabilitation team. After completion of Phase I and the athlete can throw to the prescribed distance without pain the athlete will be ready for throwing off the mound or return to their respective position.

The program is set up to minimize the chance of re-injury and emphasize pre-throwing warm up and stretching.

1. The act of throwing the baseball involves the transfer of energy from the feet through the legs, pelvis, trunk, and out the shoulder through the elbow and hand. Therefore, any return to throwing after injury must include attention to the entire body.
2. The chance for re-injury is lessened by a graduated progression of interval throwing.
3. Proper warm-up is essential.
4. Most injuries occur as the result of fatigue.
5. Proper throwing mechanics lessen the incidence of re-injury.
6. Baseline requirements for throwing include:
 - Pain-free range of motion
 - Adequate muscle power
 - Adequate muscle resistance to fatigue

Included is Phase 1 for return to throwing program and Phase 2 for return to pitching program. Phase 2 is to be completed with pitching coach. Emphasis on proper form and may use radar gun to gauge effort.

Phase I

Throwing program should be performed every other day, with one day of rest between steps, unless otherwise specified by your physician

Perform each step 2 times before progressing to the next step

Phase 1: Interval Throwing Program				
45' Phase	60' Phase	60' & 75' Phase	90' Phase	120' Phase
<p>Step 1:</p> <ul style="list-style-type: none"> A. Warm up Throwing B. 45' (25 throws) C. Rest 3-5 min D. Warm Up Throwing E. 45' (25 throws) <p>Step 2:</p> <ul style="list-style-type: none"> A. Warm up Throwing B. 45' (25 throws) C. Rest 3-5 min. D. Warm up Throwing E. 45' (25 throws) F. Rest 3-5 min. G. Warm up Throwing H. 45' (25 throws) 	<p>Step 3:</p> <ul style="list-style-type: none"> A. Warm up Throwing B. 60' (25 throws) C. Rest 3-5 min D. Warm Up Throwing E. 60' (25 throws) <p>Step 4:</p> <ul style="list-style-type: none"> A. Warm up Throwing B. 60' (25 throws) C. Rest 3-5 min. D. Warm up Throwing E. 60' (25 throws) F. Rest 3-5 min. G. Warm up Throwing H. 60' (25 throws) 	<p>Step 5:</p> <ul style="list-style-type: none"> A. Warm up Throwing B. 60' (25 throws) C. Rest 3-5 min D. 60' (25 throws) E. Rest 3-5 min F. 60' (25 throws) <p>Step 6:</p> <ul style="list-style-type: none"> I. Warm up Throwing J. 60' (25 throws) K. Rest 3-5 min. L. Warm up Throwing M. 75' (25 throws) N. Rest 3-5 min. O. Warm up Throwing P. 75' (25 throws) 	<p>Step 7:</p> <ul style="list-style-type: none"> A. 60' (10 throws) B. 90' (20 throws) C. Rest 3-5 min D. 60' (10 throws) E. 90' (20 throws) <p>Step 8:</p> <ul style="list-style-type: none"> F. 60' (7 throws) G. 90' (18 throws) H. Rest 3-5 min I. 60' (7 throws) J. 90' (18 throws) K. Rest 3-5 min L. 60' (7 throws) M. 90' (18 throws) 	<p>Step 9:</p> <ul style="list-style-type: none"> A. 60' (5-7 throws) B. 90' (5-7 throws) C. 120' (15 throws) D. Rest 3-5 min E. 60' (5-7 throws) F. 90' (5-7 throws) G. 120' (15 throws) <p>Step 10:</p> <ul style="list-style-type: none"> A. 60' (5 throws) B. 90' (10 throws) C. 120' (15 throws) D. Rest 3-5 min E. 60' (5 throws) F. 90' (10 throws) G. 120' (15 throws) H. Rest 3-5 min I. 60' (5 throws) J. 90' (10 throws) K. 120' (15 throws)
<p>Step 11 – Flat Ground Throwing</p> <ul style="list-style-type: none"> A. Throw 60ft (10-15 throws) B. Throw 75 ft (5-10 throws) C. Throw 90 ft (10 throws) D. Throw 120 ft (10 throws) E. Throw 60 ft flat ground (20-30 throws) 		<p>Step 12 – Flat Ground Throwing</p> <ul style="list-style-type: none"> A. Throw 60ft (10-15 throws) B. Throw 75 ft (5-10 throws) C. Throw 90 ft (10 throws) D. Throw 120 ft (10 throws) E. Throw 60 ft flat ground (20-30 throws) F. Rest 3-5 min G. Throw 60 ft (10-15 throws) H. Throw 60 ft flat ground (20-30 throws) 		

Phase 2:

All throwing off the mound should be done in the presence of your pitching coach to stress proper throwing mechanics (use radar gun to aid in effort control if available)

Phase 2: Return to Pitching Program – Throwing off the Mound
Stage ONE – FASTBALLS ONLY (Use Interval throwing 120' Phase as warm up.) Step 1: 15 throws off mound @ 50% Step 2: 30 throws off mound @ 50% Step 3: 45 throws off mound @ 50% Step 4: 60 throws off mound @ 50% Step 5: 70 throws off mound @ 50% Step 6: 45 throws off mound @ 50%, 30 throws off mound 75% Step 7: 30 throws off mound @ 50%, 45 throws off mound 75% Step 8: 65 throws off mound @ 75%, 10 throws off mound 50%
Stage TWO – Batting Practice: FASTBALLS ONLY Step 9: 60 Throws off mound @ 75%, 15 throws in batting practice Step 10: 50-60 Throws off mound @ 75%, 30 throws in batting practice Step 11: 45-50 Throws off mound @ 75%, 45 throws in batting practice
Stage THREE – Breaking Balls Step 12: 30 Throws off mound @ 75% (warm up), 15 throws off mound 50% Breaking Balls, 45-60 throws in batting practice Step 13: 30 Throws off mound @ 75% (warm up), 30 breaking balls @ 75%, 30 Throws in batting practice Step 14: 30 throws off mound 75% (warm up), 60-90 throws in batting practice (gradually increase breaking balls) Step 15: SIMULATED GAME: PROGRESSING BY 15 THROWS PER WORKOUT