

## Long Term Interval Throwing Program

Use this throwing program for the following:

1. If you are held out of throwing for 4 weeks or more
2. If you are at 4-5 months post-op and have been cleared to begin throwing from your MD.

Perform each step 3 x per week with a rest day between each session. *Complete each week's throwing without discomfort or pain before progressing to the following week. You should average between 8-10 throws per min up to 105 feet; 7-10 throws per min past 105 ft. Don't rush, concentrate on mechanics, adjust workload based on fatigue. If more time is needed between throws take it. It is a gradual progression to return to throwing.*

If you are doing strengthening exercises in conjunction with the throwing program, the strengthening exercises should be done on the same days you throw, and should be completed after your throwing regime.

During the throwing program you will probably experience soreness and a dull, widespread aching in the muscles and tendons. If you experience sharp pain, particularly in the joint, stop all throwing until the pain subsides. If pain continues, contact your physical therapist and/or physician.

- Week 1: 45 ft x 7 min
- Week 2: 45 ft x 10 min
- Week 3: 45-60 ft x 10 min
- Week 4: 45-60 ft x 7 min      60-75 ft x 3 min
- Week 5: 45-60 ft x 7 min      60-75 ft x 5 min
- Week 6: 45-60 ft x 5 min      60-75 ft x 5 min      75-90 ft x 3 min
- Week 7: 45-60 ft x 5 min      60-75 ft x 5 min      75-90 ft x 5 min
- Week 8: 45-75 ft x 5 min      75-90 ft x 5 min      90-105 ft x 3 min
- Week 9: 45-75 ft x 5 min      75-90 ft x 5 min      90-105 ft x 5 min
- Week 10: 45-75 ft x 5 min      75-105 ft x 5 min      105-120 ft x 3 min
- Week 11: 45-75 ft x 5 min      75-105 ft x 5 min      105-120 ft x 5 min
- Week 12: 45-75 ft x 5 min      75-105 ft x 5 min      105-120 ft x 8 mi
- Week 13: 45-75 ft x 5 min      75-105 ft x 5 min      105-120 ft x 10 min

**POSITION PLAYERS PROGRESS AS FOLLOWS**

- **Please progress as before throwing every other day. Throw long toss out to 120 – 150 feet prior to performing the following steps. Each step below is the throwing for the week.**

| <b><i>Position Specific Throwing Phase</i></b> |   |
|--|---|
| <b>Week 14</b>                                 | <b>25 throws from most common position @ 50% intensity</b>  |
| <b>Week 15</b>                                 | <b>25 throws from most common position @ 50% Rest 3-5 minutes 25 throws from most common position @ 50%</b> |
| <b>Week 16</b>                                 | <b>25 throws @ 50% Rest 3-5 minutes 25 throws @ 75%</b>   |
| <b>Week 17</b>                                 | <b>25 throws @ 75% Rest 3-5 minutes 25 throws @ 75%</b>   |
| <b>Week 18</b>                                 | <b>25 throws @ 75% Rest 3-5 minutes 25 throws @ 90-100%</b>   |
| <b>Week 19</b>                                 | <b>25 throws @ 75% Rest 3-5 minutes 25 throws @ 90-100%</b>   |
| <b>Week 20</b>                                 | <b>Simulated Game or Infield Practice</b>   |
| <b>Week 21</b>                                 | <b>Return to Game if cleared by MD</b>  |

**PITCHERS PLEASE PROGRESS TO THE MOUND PORTION (pg 3).**

**Mound Portion:**

**Long toss to 105-120 feet max prior to beginning off the mound each session. The following steps should be performed 2 x per week with a long toss only session mixed in between. For example (Mon Mound 1—Wed long toss—Fri Mound 2) (Mon—Mound 3—Wed long toss—Fri Mound 3). This section should take approximately 12 weeks to complete.**

- Mound 1: Throw off flat ground to catcher down behind the plate 20 pitches (repeat 1x)
- Mound 2: Throw off mound to catcher standing behind the plate 20 pitches (repeat 1x)
- Mound 3: Mound x 15 pitches 50% FastBall only (repeat 2x)
- Mound 4: Mound x 30 pitches 50% Fastball only (repeat 2x)
- Mound 5: Mound x 45 pitches 50-75% Fastball only (repeat 2x)
- Mound 6: Mound x 60 pitches 75-85% Fastball, change (repeat 2x)
- Mound 7: Mound x 60 pitches 75-90% Fastball, change (repeat 2x)
- Mound 8: Mound x 45 pitches (all pitches)
  - BP—15 pitches Fastball, change in BP (repeat 2x)
- Mound 9: Mound x 30 pitches (all pitches)
  - BP—30 pitches All Pitches (repeat 2x)
- Mound 10: Mound x 30 pitches
  - BP—45 pitches All Pitches (repeat 2x)
- Mound 11: Sim Game x 30 pitches 2 innings(15 ea)(repeat 2x)
- Mound 12: Sim Game x 45 pitches 3 innings(15 ea)(repeat 2x)

Begin Live Game action per clearance from MD