



Physical Therapy

Injury Prevention/Performance/Rehabilitation

Softball Interval Throwing Program

The interval throwing program is a **guide** that should be *adapted or modified* to meet your individual progress and problems. **Anticipate throwing every other day for three days at each throwing level.** However, if you are having any problems at a given level, remain at that level or return to the previous level until your problem is corrected or resolves. Do not hesitate to take an extra day or two off if you are having problems.

Rehab and shoulder exercise should now only be performed on the specified throwing days. Recovery is an integral portion of a successful throwing program. We will use the off days as recovery for the shoulder and arm. Continue your upper trunk, scapula and rotator cuff rehabilitation program throughout the interval throwing program.

You must meet the following criteria to move to the next level:

- 1) No pain or stiffness while throwing,**
- 2) No pain or stiffness after throwing (mild muscle soreness acceptable),**
- 3) Effortless and fundamentally sound throwing motion / mechanics,**
- 4) Good throwing accuracy throughout the current level,**
- 5) Throws are consistently on line,**
- 6) Good Strength throughout the current level with little fatigue.**

Emphasize your follow through in the early part of the throwing program to promote good mechanics. Throw on line, but throw with sub-maximal effort and throw within your comfort level. If you cannot throw on line at a given distance, do not lob the ball in an attempt to move to the next level. Example: At 90 feet, the arc or the path of the ball should not carry the ball higher than approximately ten feet.

Week 1 Throwing (45 ft. phase)

Day 1 Warm-up throws (under 45 ft)

3 sets of 25 Throws at 45 feet @ sub maximal effort (rest 5 minutes between sets)

Warm-down throws (5-10 throw max)

Rest the next day

Day 2 No Throwing

Day 3 Warm-up throws (under 45 ft)

3 sets of 25 Throws at 45 feet @ sub maximal effort (rest 5 minutes between sets)

Warm-down throws (5-10 throw max)

Rest the next day

Day 4 No Throwing

Day 5 Warm-up throws (under 45 ft)

3 sets of 25 Throws at 45 feet @ sub maximal effort (rest 5 minutes between sets)

Warm-down throws (5-10 throw max)

Rest the next 2 days

Day 6 No Throwing

Day 7 No Throwing

Week 2 Throwing (60 ft. phase)

Day 1 Warm-up throws (under 60 ft)

1 set of 25 throws at 60 feet

Warm-down throws (5-10 throw max)

1 Set only / Rest the next day

Day 2 No Throwing

Day 3 Warm-up throws (under 60 ft)

1 set of 25 throws at 60 feet

Warm-down throws (5-10 throw max)

1 Set only / Rest the next day

Day 4 No Throwing

Day 5 Warm-up throws (under 60 ft)

1 set of 25 throws at 60 feet

Warm-down throws (5-10 throw max)

1 Set only / Rest the next day

Day 6 No Throwing

Day 7 No Throwing

Week 3 Throwing (60 ft. phase)

Day 1 Warm-up throws (under 60 ft)
2 sets of 25 Throws at 60 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next day

Day 2 No Throwing

Day 3 Warm-up throws (under 60 ft)
2 sets of 25 Throws at 60 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next day

Day 4 No Throwing

Day 5 Warm-up throws (under 60 ft)
2 sets of 25 Throws at 60 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next 2 days

Day 6 No Throwing

Day 7 No Throwing

Week 4 Throwing (60 ft. phase)

Day 1 Warm-up throws (under 60 ft)
3 sets of 25 Throws at 60 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next day

Day 2 No Throwing

Day 3 Warm-up throws (under 60 ft)
3 sets of 25 Throws at 60 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next day

Day 4 No Throwing

Day 5 Warm-up throws (under 60 ft)
3 sets of 25 Throws at 60 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next 2 days

Day 6 No Throwing

Day 7 No Throwing

Week 5 Throwing (75 ft. phase)

Day 1 Warm-up throws (under 75 ft)
2 sets of 25 Throws at 75 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next day

Day 2 No Throwing

Day 3 Warm-up throws (under 75 ft)
2 sets of 25 Throws at 75 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next day

Day 4 No Throwing

Day 5 Warm-up throws (under 75 ft)
2 sets of 25 Throws at 75 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next 2 days

Day 6 No Throwing

Day 7 No Throwing

Week 6 Throwing (75 ft. phase)

Day 1 Warm-up throws (under 75 ft)
3 sets of 25 Throws at 75 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next day

Day 2 No Throwing

Day 3 Warm-up throws (under 75 ft)
3 sets of 25 Throws at 75 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next day

Day 4 No Throwing

Day 5 Warm-up throws (under 75 ft)
3 sets of 25 Throws at 75 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next 2 days

Day 6 No Throwing

Day 7 No Throwing

Week 7 Throwing (90 ft. phase)

Day 1 Warm-up throws (under 90 ft)
2 sets of 25 Throws at 90 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next day

Day 2 No Throwing

Day 3 Warm-up throws (under 90 ft)
2 sets of 25 Throws at 90 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next day

Day 4 No Throwing

Day 5 Warm-up throws (under 90 ft)
2 sets of 25 Throws at 90 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next 2 days

Day 6 No Throwing

Day 7 No Throwing

Week 8 Throwing (90 ft. phase)

Day 1 Warm-up throws (under 90 ft)
3 sets of 25 Throws at 90 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next day

Day 2 No Throwing

Day 3 Warm-up throws (under 90 ft)
3 sets of 25 Throws at 90 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next day

Day 4 No Throwing

Day 5 Warm-up throws (under 90 ft)
3 sets of 25 Throws at 90 feet (rest 5 minutes between sets)
Warm-down throws (5-10 throw max)
Rest the next 2 days

Day 6 No Throwing

Day 7 No Throwing