



Physical Therapy

Injury Prevention/Performance/Rehabilitation

Baseball 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

Week 9 Throwing (105 ft. phase) (Introduction to downward plane)

Day 1 Warm-up throws (under 105 ft)
25 Throws at 105 feet
End session with Flat Ground / Catcher down (10 throw max)
1 Set only / Rest the next day

Day 2 No Throwing

Day 3 Warm-up throws (under 105 ft)
25 Throws at 105 feet
End session with Flat Ground / Catcher down (10 throw max)
1 Set only / Rest the next day

Day 4 Off

Day 5 Warm-up throws (under 105 ft)
25 Throws at 105 feet
End session with Flat Ground / Catcher down (10 throw max)
1 Set only / Rest the next 2 day

Day 6 No Throwing

Day 7 No Throwing

Week 10 Throwing (105 ft. phase) (Introduction of daily throwing)

Day 1 Warm-up throws (under 105 ft)
2 sets of 25 Throws at 105 feet (rest 5 minutes between sets)
End session with Flat Ground / Catcher down (10 throw max))

Day 2 5 min throwing program (60 ft max) * NO EXERCISE *

Day 3 Warm-up throws (under 105 ft)
2 sets of 25 Throws at 105 feet (rest 5 minutes between sets)
End session with Flat Ground / Catcher down (10 throw max)

Day 4 5 min throwing program (60 ft max) * NO EXERCISE *

Day 5 Warm-up throws (under 105 ft)
2 sets of 25 Throws at 105 feet (rest 5 minutes between sets) End session with Flat Ground / Catcher down (10 throw max)

Day 6 5 min throwing program (60 ft max)

Day 7 No Throwing

Week 11 Throwing (105 ft. phase)

Day 1 Warm-up throws (under 105 ft)
3 sets of 25 Throws at 105 feet (rest 5 minutes between sets)

End session with Flat Ground / Catcher down (10 throw max))

Day 2 5 min throwing program (60 ft max) * NO EXERCISE *

Day 3 Warm-up throws (under 105 ft)

3 sets of 25 throws at 105 feet (rest 5 minutes between sets)

End session with Flat Ground / Catcher down (10 throw max)

Day 4 5 min throwing program (60 ft max) * NO EXERCISE *

Day 5 Warm-up throws (under 105 ft)

3 sets of 25 Throws at 105 feet (rest 5 minutes between sets)

End session with **HALF MOUND**/ Catcher standing on plate (10 throw max)

Day 6 5 min throwing program (60 ft max)

Day 7 No Throwing

Week 12 Throwing (120 ft. phase)

Day 1 Warm-up throws (under 120 ft)

1 set of 25 throws at 120 feet (rest 5 minutes)

End session with Half Mound Catcher down on the plate (10-15 pitches)

Day 2 5 min throwing program (60 ft max) * NO EXERCISE *

Day 3 Warm-up throws (under 120 ft)

1 set of 25 throws at 120 feet (rest 5 minutes)

End session with Half Mound Catcher down on the plate (10-15 pitches)

Day 4 5 min throwing program (60 ft max) * NO EXERCISE *

Day 5 Warm-up throws (under 120 ft)

1 set of 25 throws at 120 feet (rest 5 minutes)

End session with Half Mound Catcher down on the plate (10-15 pitches)

Day 6 5 min throwing program (60 ft max)

Day 7 No Throwing

Week 13 Throwing (120 ft. phase)

Hat Drills: The Hat Drill Program is designed to improve your ability to throw flat or slightly down with better arm strength and throwing accuracy. Place a hat at 105 feet from your position. Your throwing partner is positioned behind the hat to catch the ball on one bounce. Your goal is to throw with effort, imagining that you are throwing through the chest of another throwing partner standing thirty feet in front of the hat. Attempt to hit the hat.

Day 1 Warm-up throws (under 120 ft)
1 set of 25 throws at 120 feet (rest 5 minutes)
1 Set of 25 throws @ a hat
End session with Half Mound Catcher down on the plate (10-15 pitches)

Day 2 5 min throwing program (60 ft max) * NO EXERCISE *

Day 3 Warm-up throws (under 105 ft)
2 sets of 25 throws at 105 feet (rest 5 minutes between sets)
1 set of 25 throws at hat.
End session with Flat Ground / Catcher down (10 throw max)

Day 4 5 min throwing program (60 ft max) * NO EXERCISE *

Day 5 Warm-up throws (under 105 ft)
3 sets of 25 Throws at 105 feet (rest 5 minutes between sets)
End session with **HALF MOUND**/ Catcher standing on plate (10 throw max)

Day 6 5 min throwing program (60 ft max)

Day 7 No Throwing

Week 14 Throwing (120 ft. phase)

Day 1 10 Minute toss Warm-up 120 ft
Half Mound with catcher full distance (20 pitches)

Day 2 10 min throwing program * NO EXERCISE *

Day 3 10 Minute toss Warm-up 120 ft
Half Mound with catcher full distance (20 pitches)

Day 4 10 min throwing program * NO EXERCISE *

Day 5 10 Minute toss Warm-up 120 ft
Half Mound with catcher full distance (20 pitches)

Day 6 10 min throwing program * NO EXERCISE *

Day 7 No Throwing

Week 15 Throwing (mound progression)

We will be throwing on a daily basis at this stage unless soreness or fatigue has occurred. The work days will still remain heavier on the days that you throw off the mound. The 10 min toss days are designed for recovery and to work on your mechanics. We will introduce throwing a change-up at this stage while you are playing catch but not from the mound. **Absolutely NO breaking pitches still.**

Day 1 10 Minute toss / Warm-up 120 ft
Bullpen. Full distance 25 pitches

Day 2 **10 min throwing program** * NO EXERCISE *

Day 3 LIGHT WORK DAY

10 Minute toss / Warm-up

Bullpen. Full distance **15 Pitches** (*work on mechanics*)

Day 4 **10 min throwing program** * NO EXERCISE *

Day 5 10 Minute toss / Warm-up 120 ft

Bullpen. Full distance 25 pitches

Day 6 **10 min throwing program** * NO EXERCISE *

Day 7 **Light Toss**

Week 16 Throwing (mound progression)

Day 1 10 Minute toss / Warm-up 120 ft

Bullpen. Full distance 35 pitches

Day 2 **10 min throwing program** * NO EXERCISE *

Day 3 LIGHT WORK DAY

10 Minute toss / Warm-up

Bullpen. Full distance **15 Pitches** (*work on mechanics*)

Day 4 **10 min throwing program** * NO EXERCISE *

Day 5 10 Minute toss / Warm-up 120 ft

Bullpen. Full distance 35 Pitches

Day 6 **10 min throwing program** * NO EXERCISE *

Day 7 **Light Toss**

Week 17 Throwing (mound progression)

Day 1 10 Minute toss / Warm-up 120 ft

Bullpen. Full distance 45 pitches

Day 2 **10 min throwing program** * NO EXERCISE *

Day 3 LIGHT WORK DAY

10 Minute toss / Warm-up / Bullpen / Full distance / 15 pitches

Day 4 **10 min throwing program** * NO EXERCISE *

Day 5 10 Minute toss / Warm-up 120 ft
Bullpen. Full distance 45 pitches

Day 6 **10 min throwing program** * NO EXERCISE *

Day 7 **Light Toss**

Week 18 Throwing (mound progression)

Day 1 10 Minute toss / Warm-up 120 ft
Bullpen. Full distance 45 pitches with rest
10-15 Change-ups

Day 2 **10 min throwing program** * NO EXERCISE *

Day 3 LIGHT WORK DAY
10 Minute toss / Warm-up
Bullpen. Full distance **15 Pitches (work on mechanics)**

Day 4 **10 min throwing program** * NO EXERCISE *

Day 5 10 Minute toss / Warm-up 120 ft
Bullpen. Full distance 45 pitches with rest
10-15 Change-ups

Day 6 **10 min throwing program** * NO EXERCISE *

Day 7 **Light Toss**

Week 19 Throwing (mound progression)

Day 1 10 Minute toss / Warm-up 120 ft
Bullpen. Full distance 55 pitches with rest
10-15 Change-ups

Day 2 **10 min throwing program** * NO EXERCISE *

Day 3 LIGHT WORK DAY
10 Minute toss / Warm-up
Bullpen. Full distance **15 Pitches (work on mechanics)**

Day 4 **10 min throwing program** * NO EXERCISE *

Day 5 10 Minute toss / Warm-up 120 ft
Bullpen. Full distance 55 pitches with rest
10-15 Change-ups

Day 6 **10 min throwing program** * NO EXERCISE

Day 7 Light Toss

Week 20 Throwing (mound progression)

Day 1 10 Minute toss / Warm-up 120 ft
Bullpen. Full distance 55 pitches with rest
10-15 Change-ups / 5-8 Breaking Balls

Day 2 **10 min throwing program** * NO EXERCISE *

Day 3 LIGHT WORK DAY
10 Minute toss / Warm-up
Bullpen. Full distance **15 Pitches (work on mechanics)**

Day 4 **10 min throwing program** * NO EXERCISE *

Day 5 10 Minute toss / Warm-up 120 ft
Bullpen. Full distance 35 pitches with rest
10-15 Change-ups / 5-8 Breaking Balls

Day 6 **10 min throwing program** * NO EXERCISE *

Day 7 **Light Toss** Start throwing breaking pitch on the flat ground

Week 21 Throwing (Pitching Progression)

Day 1 10 Minute toss / Warm-up
1 Inning Live BP (15-20 pitches)
3 Breaking ball max

Day 2 **10 min throwing program** * NO EXERCISE *

Day 3 LIGHT WORK DAY
10 Minute toss / Warm-up
Towel drills

Day 4 **10 min throwing program** * NO EXERCISE *

Day 5 10 Minute toss / Warm-up
2 Innings Live BP (25-30 pitch max)

5 Breaking pitch max

Day 6 **10 min throwing program** * NO EXERCISE *

Day 7 **Light Toss** Start throwing breaking pitch on the flat ground

Week 22 Throwing (Pitching Progression)

Day 1 10 Minute toss / Warm-up
2 Inning Simulated Game (25-30 pitches)
5 Breaking ball max

Day 2 **10 min throwing program** * NO EXERCISE *

Day 3 LIGHT WORK DAY
10 Minute toss / Warm-up
Towel drills

Day 4 **10 min throwing program** * NO EXERCISE *

Day 5 10 Minute toss / Warm-up
3 Innings Simulated Game (35-40 pitch max)
8 Breaking pitch max

Day 6 **10 min throwing program** * NO EXERCISE *

Day 7 **Light Toss** Start throwing breaking pitch on the flat ground

Week 23 Throwing (Pitching Progression)

This is where the programs will deviate. A starting pitcher will switch to his starting rotation plan. Pitch/Off/Bullpen/Bullpen/Off/Pitch. As a starter you are trying to build endurance as well as your pitch counts and innings. It is ok for both if it takes time before you return to an affiliate to pitch (we are not in a rush at this point). A reliever will begin pitching on an every other day basis and progress towards pitching on back to back days. "off" = 10 min toss at this point"

Day 1 10 Minute toss / Warm-up
2 Innings Live Game (35 pitch Max)

Day 2 **10 min throwing program** * NO EXERCISE *

Day 3 Starter = Bullpen
Reliever = 1 inning in a game

Day 4 **Starter = Light side**
Reliever = Off

Day 5 Starter = Off

Reliever = Off

Day 6 **Starter = 3 innings Live Game**

Reliever = 2 Innings Live Game

Day 7 **Repeat cycle per pitching coach at this time**