

## INTERVAL THROWING PROGRAM ADOLESCENT BASEBALL PITCHER

**General Notes:** Each phase is designed to increase endurance and strength throughout the progression. Every athlete heals at different rates; therefore the “soreness rule” is used to prevent oversteering the soft tissue during progression.

1. If no soreness, advance 1 step every other day
2. If sore during warm-up but soreness is gone within the first 15 throws, repeat the previous workout. If shoulder becomes sore during this workout, stop and take 2 days off. Upon return to throwing, drop down 1 step.
3. If sore more than 1 hour after throwing or the next day, take 1 day off and repeat the most recent throwing program workout
4. If sore during warm-up and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down to previous workout.

It is recommended to be properly warmed up prior to the start of a work-out. A suggested work-out format includes: break a sweat for 10 minutes (jogging, biking, etc), complete shoulder stretches, carry out designated throws for the appropriate step by using the crow-hop method, complete peri-scapular strengthening exercises (high rep with low weight), repeat shoulder stretches, and finish with ice. Ice should be applied to the shoulder for 15-20 minutes following each step.

Early supervision of the interval throwing program by an athletic trainer, rehabilitation professional or pitching coach is recommended.

Phase 1: Return to Throwing	
Step 1:	Warm-up throwing 25 throws at 45ft. Rest for 15 min Warm up throwing 25 throws at 45ft.
Step 2:	Warm-up throwing 25 throws at 60ft. Rest for 15 min Warm up throwing 25 throws at 60ft.
Step 3:	Warm-up throwing 25 throws at 90ft. Rest for 15 min Warm up throwing 25 throws at 90ft.
Step 4:	Warm-up throwing 25 throws off the mound. Rest for 15 min Warm up throwing 25 throws off the mound.
Step 5:	Follow the return to pitching guide on next page.

## INTERVAL THROWING PROGRAM A ADOLESCENT BASEBALL PITCHER

After completion of the interval throwing program and the athlete can throw 90 ft, 50 times without pain the athlete is ready to progress to throwing off the mound. If the athlete has increase in symptoms, the throwing program should be backed off and re-advanced as tolerated by the soreness rules stated above.

Phase II: FASTBALLS ONLY	
Step 7:	Warm-up (complete Step 4) 15 throws off the mound (50%) 20 long tosses to 120 ft.
Step 8:	Warm-up (complete Step 4) 45 throws off the mound (75%) 20 long tosses to 120 ft.
Step 9:	Warm-up (complete Step 4) 30 throws off the mound (100%) 20 long tosses to 120 ft.
Step 10:	Warm-up tosses 45 throws off mound (75%) 15 throws in batting practice
Step 11:	Warm-up tosses 45 throws off mound (75%) 30 throws in batting practice
Step 12:	Warm-up tosses 45 throws off mound (75%) 45 throws in batting practice

Phase III: BREAKING BALLS Use long tosses to 120 ft. as warm up	
Step 13:	30 throws off mound (75%) warm-up 15 throws off mound (50%) breaking balls 30 throws in batting practice, fastballs only
Step 14:	30 throws off mound (75%) warm-up 30 throws off mound (75%) breaking balls 30 throws in batting practice, alternate fastballs and breaking balls
Step 15:	30 throws off mound (75%) warm-up 60-90 throws in batting practice (100%), ¼ of throws should be breaking balls
Step 16:	Simulated game
Step 17:	Return to regular work-out regimen