



INTERVAL THROWING PROGRAM

Modified from Heckman, T. “Functional Progression of a Throwing Program”. Cincinnati Sports Medicine/Midwest Institute for Orthopaedics.

The purpose of an interval throwing program is to allow for a gradual return to full throwing activities. This program relies on the following: 1) a gradual, but progressive increase in throwing distance and intensity, 2) thorough stretching and warm-up with application of moist heat, 3) adequate rest intervals (2 days of throwing with 1 day of subsequent rest), 4) include both long throwing and short throwing intervals, 5) some soreness is to be expected; however, if there is sharp pain then throwing should be discontinued temporarily, 6) ice should be applied after the throwing session. The progression of the program will vary from person to person. When beginning the long throw program, a lob toss program may be needed. The lob toss is gradually leveled out and it initially starts at ½, ¾, then full speed. The distances are gradually progressed, and throwing from the mound is part of the last phase for pitchers. Progression from one phase to the next should not occur until the patient is completely comfortable at the present level. With pitchers, phases VI will progress to scrimmage/game like situations. The pitcher should be allowed to begin with three innings work, or 50-60 pitches.

Key: (‘)-feet

		Short Toss	Long Toss
Phase I	Distance Throws Intensity Intervals/Day	30-50' 10 X each to ½ speed 2	50-60-90'/return 10 X each Lob toss 2
Phase II	Distance Throws Intensity Intervals/Day	30-60' 10 X each to ½ speed 2	50-60-90-110'/return 10 X each Lob toss 2
Phase III	Distance Throws Intensity Intervals/Day	50-60' 25 X each to ¾ speed 2	50-60-90-110-130'/return 10 X each Lob toss 2
Phase IV	Distance Throws Intensity Intervals/Day	60+’ 50 X each to ¾ speed/mound 2	60-90-130'/outfield to 2nd 10 X each/20 X outfield>2nd Lob toss--to tolerance 2
Phase V	Distance Throws Intensity Intervals/Day	60+’ 50 X each ¾ speed/mound ½ speed-breaking balls 2	60-90-130'/outfield to 2nd 10 X each/20 X outfield>2nd To tolerance 2
Phase VI	Distance Throws Intensity Intervals/Day	60+’ 50 X each ¾ to full speed/mound-fast ball/breaking ball 2	60-90-130'/outfield to 2nd 10 X each/20 X outfield>2nd To tolerance 2