

Interval Throwing Program – Throwing Off the Mound – Phase II

After the completion of Phase I of the Interval Throwing Program (ITP) and the athlete can throw to the prescribed distance without pain the athlete will be ready for throwing off the mound or return to their respective position. At this point, full strength and confidence should be restored in the athlete's arm. Just as the advancement to this point has been gradual and progressive, the return to unrestricted throwing must follow the same principles. A pitcher should first throw only fast ball at 50%, progressing to 75% and 100%. At this time, the athlete may start more stressful pitches such as breaking balls. The position player should simulate a game situation, again progressing at 50-75-100%. Once again, if an athlete has increased pain, particularly at the joint, the throwing program should be backed off and re-advanced as tolerated, under the direction of the rehabilitation team.

Summary: In using the Interval Throwing Program (ITP) in conjunction with a structured rehabilitation program, the athlete should be able to return to full competition status, minimizing any chance of re-injury. The program and its progression should be modified to meet the specific needs of each individual athlete. A comprehensive program consisting of a maintenance strength and flexibility program, appropriate warm-up and cool-down procedures, proper pitching mechanics, and progressive throwing and batting will assist the baseball player in returning safely to competition.

STAGE ONE: FASTBALLS ONLY

Step 1: Interval Throwing (Use Interval Throwing to 120' Phase as warm-up)
15 Throws off mound 50%

Step 2: Interval Throwing
30 Throws off mound 50%

Step 3: Interval Throwing
45 Throws off mound 50%

Step 4: Interval Throwing
60 Throws off mound 50%

ALL THROWING OFF THE MOUND SHOULD BE
DONE IN THE PRESENCE OF YOUR PITCHING
COACH TO STRESS PROPER THROWING
MECHANICS

Step 5: Interval Throwing
70 Throws off mound 50%

(Use speed gun to aid in effort control)

Step 6: 45 Throws off mound 50%
30 Throws off mound 75%

Step 7: 30 Throws off mound 50%
45 Throws off mound 75%

Step 8: 65 Throws off mound 75%
10 Throws off mound 50%

STAGE TWO: FASTBALLS ONLY

Step 9: 60 Throws off mound 75%
15 Throws in Batting Practice

Step 10: 50-60 Throws off mound 75%
30 Throws in Batting Practice

Step 11: 45-50 Throws off mound 75%
45 Throws in Batting Practice

STAGE THREE

Step 12: 30 Throws off mound 75% warm-up
15 Throws off mound 50% BREAKING BALLS
45-60 Throws in Batting Practice (fastball only)

Step 13: 30 Throws off mound 75%
30 Breaking Balls 75%
30 Throws in Batting Practice

Step 14: 30 throws off mound 75%
60-90 Throws in Batting Practice (Gradually increase breaking balls)

Step 15: SIMULATED GAME: PROGRESSING BY 15 THROWS PER WORKOUT (Pitch Count)